DEBT WORRIES?
Helping Canadians for more than 45 years.
902 425-3100
BDO Canada Limited
(Formerly BDO Dunwoody Goodman Rosen Inc)
Trustee in Bankruptcy - Credit Counsellors
Proposal Administrators
www.bdodebthelp.ca
BDO

TALKING AND DRIVING TO COST YOU MORE
PROVINCE TO HIKE CELLPHONE FEES {page 3}



IS A TITANIC WEDDING IN THE WORKS FOR LEO?
DISH {page 16}



HALIFAX metro®
Wednesday, November 17, 2010
www.metronews.ca
News worth sharing.



Market. Music



▶ Halifax singer-songwriter Christina Martin performs one of her songs at the Brewery Market yesterday.

RYAN TAPLIN/METRO

Warming up for Winter Games

Christina Martin, Matt Mays and the Stanfields will be among the headliners on the Celebration Square stage at Grand Parade during the upcoming Canada Winter Games in Halifax. The Games are set for February.

Review on the way for council pay

Councillors argue arms-length committee needed to set council salaries ◐ Making raises no higher than Nova Scotia Consumer Price Index retroactive to Nov. 1 ◐ Board will examine fixing salaries for current term

Debate over cutting councillor raises was called "political posturing" and "immature" last night.

Councillors were discussing ways they can scale back or donate their 1.62 per cent raise at a time when the municipality is facing cuts to meet the budget. The mayor sent back his 4.04 per cent raise weeks ago.

The formula for raises was set up by a residents' committee in 2004 and council voted last night to strike up another committee to figure out a new plan for raises. A report will be presented to council by September 2011.

Council also voted in favour of making sure raises for this year aren't higher than the Nova Scotia Consumer Price Index, which Coun. Jerry Blumenthal pointed out was 1.8 per cent and higher than their scheduled raise.

Coun. Sue Uteck's motion suggesting councillors could individually cut back their salaries was voted down.

"It may be an honourable gesture, but it opens some questions if your position was left vacant," said Coun. Debbie Hum.



"It reflects a Nova Scotia reality."
COUN. REG RANKIN, ON THE DESIRE TO CUT COUNCILLOR RAISES

Several councillors argued it could turn into a political fight over who could do the job for cheaper.

"If you don't want to keep it, donate it," said Coun. David Hendsbee. "This is getting tiring, pathetic and immature."

Coun. Bill Kardsten said it's not about what he gets paid but there is a certain segment of the population who are offended by any public servants getting money. ◐ JENNIFER TAPLIN

LUMBER MART
HEATSMART™ INFRARED HEATING
ELECTRIC FURNACE
• Single unit can heat up to 1000 sq. ft.
• Stylish oak cabinet with high quality casters for easy movement.
• Safe for children and pets.
• OPTI-SWITCH™ - high or low heat setting.
• Remote Controlled Thermostat.
New In The Box… $399 ea.
Refurbs… $349 ea.
HEAT UP TO 1000 sq. ft. FOR JUST $2.00 PER DAY
HALIFAX - 477-6500 • DARTMOUTH - 468-7772
VISIT US ONLINE... www.lumbermart.ca



THERE'S MORE TO LIFE THAN A VOLVO. THERE'S TAKING THE ROAD LESS TRAVELLED. BOUNCING OVER THE COBBLESTONE WAY LESS EXPLORED, UNTIL IT TURNS INTO THE GRAVELLY MOUNTAIN PASS LESS BRAVED. THEN CLIMBING THE ROCKY OUTCROPPING LESS SCALED, AND TAKING A MOMENT TO ENJOY THE VIEW LESS SEEN IN THE CAR THAT GOT YOU THERE. **THAT'S WHY YOU DRIVE ONE.**

2011 Volvo XC70 - Its rugged performance simply gets you from point A, across any and all terrain, to point B. And make no mistake, this premier crossover vehicle, packed with performance features, understands that point B could be the top of a mountain or the top restaurant in town.

The 2011 XC70

Starting from:
$43,995*



THE VOLVO XC70 WITH UNCOMPROMISING VERSATILITY.

VOLVO OF HALIFAX 3363 Kempt Road, Halifax • (902) 453-2110 • www.steeleauto.com

Volvo. for life

VOLVO

* [illegible]

Guards hurt in jail 'scuffle': Landry

An altercation that injured three guards and led to the lockdown of a wing at Nova Scotia's largest jail was downplayed yesterday by the province's justice minister.

Ross Landry told reporters the guards suffered minor injuries in a "scuffle" inside a cell at the Central Nova Scotia Correctional Facility in Burnside late Monday night.

The minister wouldn't disclose the nature of the guard's injuries in an incident he described as part of the day-to-day functioning of the institution.

"It's an active building and you've got clients in there because they fail to conform to society's rules," said Landry. "Who thinks that it is going to be a place where incidents don't occur?"

Different take

- Justice Minister Ross Landry's perception of the incident differed from that of the president of the Nova Scotia Government and General Employees Union, which represents the guards at the jail.
- Reached in Winnipeg, Joan Jessome said jail staff described the altercation as "quite violent."
- She said one guard suffered a dislocated shoulder, another a bite wound and another a laceration to his leg.

Landry said he's satisfied the response by guards was appropriate and added he was aware of the incident shortly after it happened.

However, he said he didn't see the need to release the details.

"If you're saying that each and every little incident that happens is to be reported publicly ... that's fine, but I really don't see the logic in that," said Landry.

He said a criminal investigation is underway and there was no threat to the public.

THE CANADIAN PRESS

Drivers facing fine hike for phone use

Province continues to attempt to curb street racing

The province is attempting to crack down on drivers who continue to use cellphones while behind the wheel.

Transportation and Infrastructure Renewal Minister Bill Estabrooks tabled legislation yesterday that would increase the current fines for talking or texting on a cellphone while driving.

If the amendments are accepted, fines would range from about $225 to $570. Being caught using a cellphone while driving will also cost the driver four demerit points.

"It's important that we correct this behaviour," said Estabrooks. "And the way we have to do it is we have to hit them were it hurts the most ... right in the pocketbook."

Nova Scotia banned cellphone use while driving in 2008. According to Estabrooks, police in the province have issued over 8,300 tickets since the ban came into effect.

Texting concern

- Estabrooks's announcement came on the heels of a new CAA poll that found 85 per cent of respondents say texting while driving is their No. 1 safety concern – higher than impaired driving.

Today is the National Day of Remembrance for Road Crash Victims. So far in 2010, there have been more than 60 fatalities on Nova Scotia roads.

"People commonly refer to road crashes as 'accidents,' but in reality they are almost always preventable," said Estabrooks.

ALEX BOUTILIER

METRO



▶ A motorist talks on his cellphone while driving in this file photo.

1 news

The rent is too damn high, but Jimmy McMillan hopes you've got cash for his new album. Scan code for the story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

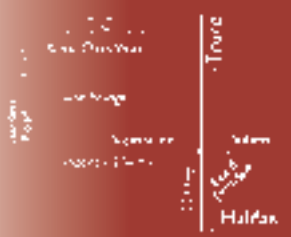
2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

An Ontario politician calls for more clarity and fairness in cellphone contracts. Video at metronews.ca/canada

GARDEN MEADOWS
At Home With Nature
Introducing Phase 4. The best of country living, located in Belnan. Visit our sales office at 85 Royal Oaks Way.
Peak Award Winner
Most Outstanding New Home
• 2006 & 2007 (2000-3000 sq.ft)
• 2008 & 2009 (over 3000 sq.ft.)
TechReady Award Winner
2008 Builder of the Year
R-2000 ATLANTIC HOME WARRANTY BBB
TechReady NOVA SCOTIA HOME BUILDERS' ASSOCIATION



KelGreg
custom crafted homes & sitework
902.883.8389 • www.kelgreg.com

DETAILS FORTHCOMING

Auditor General report out today

Nova Scotia's Auditor General is releasing a new report today.

Jacques Lapointe will brief media on the contents of the November 2010 report at 1 p.m.

Details on the contents of the report, however, cannot be released until it is tabled in the House of Assembly, which convenes at 2 p.m.

Recently tabled changes to the Auditor General Act addressed concerns Lapointe brought forward last summer, when he criticized the government for not turning over necessary files for his audits of the Industrial Expansion Fund and Nova Scotia Business Inc.

METRO

Looks like it's hit the fan

Someone dropped the ball on Dunbrack Street last summer, but it won't happen again.

Yesterday, staff explained how a biosolids fertilizer wasn't applied properly last summer and the weather conditions made it stink up the area for days.

"People are just grossed out (about) what happens after they flush the toilet," said Richard MacLellan of HRM's Sustainable Environment Management Office.

But using biosolids as fertilizer is logical, scientific and environmentally sustainable, he said.

Marilyn Cameron, with the Nova Scotia Environmental Network, disagreed.

"This is not recycling; to me, it's pollution transfer," she said.

Cameron and several councillors expressed concern about metals and drug remnants in the fertilizer.

"Just the thought of this makes me rather ill," said Coun. Gloria McCluskey.

Coun. Dawn Sloane said there's a reason people don't plant near outhouses.

"I learned not to be afraid of poop when I was three years old and I'm still not afraid of it."
COUN. JIM SMITH

Lise Leblanc, a consultant for N-Viro, the company making the fertilizer, pointed out it's a common practice and a number of items sold in local grocery stores were grown with these kinds of fertilizers.

In the end, councillors voted to have Halifax Water study the issue further.

Carl Yates, manager of Halifax Water, said his organization is already studying the option of burning waste for energy use.

Coun. Steve Streatch said support for biosolid fertilizer likely would have been approved yesterday had not "local actresses (Ellen Page) and restaurant owners (Lil MacPherson)" spoken out on the issue.

"We need more science than rhetoric," he said.

JENNIFER TAPLIN

Wind scuttles turbine plans

Plans to remove a damaged, 400-tonne tidal turbine from the Bay of Fundy are on hold until the weather improves.

High winds are forecast for the site in the Minas Basin near Parrsboro.

A spokeswoman for Nova Scotia Power says the barge to carry the turbine to Halifax harbour has been moved to Digby to await more favourable conditions.

Nova Scotia Power's partner in the venture, OpenHydro of Ireland, is pulling the one-megawatt unit out of the water 12 months ahead of schedule because several blades have been damaged.

Engineers will make an assessment once it is brought back to Halifax.

THE CANADIAN PRESS

Testing, testing

The turbine is part of one of the country's first major test projects for commercial tidal power.

Ex-cop breached the public trust

- Buchanan offers no comment to reporters after pleading guilty
- Crown maintains conditional sentence appropriate



ALEX BOUTILIER
@METRONEWS.CA

A Halifax Regional Police officer who resigned Monday has been sentenced to house arrest after pleading guilty to breaching the public trust.

Jeffrey Buchanan, a four-and-a-half-year veteran of HRP who served as a constable, was sentenced to six months house arrest, followed by a six-month curfew and two years probation at Halifax provincial court yesterday.

Buchanan was charged in December of 2009 with attempting to extort money from a convicted drug dealer.

He was also suspended by the force pending the case's outcome.

Buchanan pleaded guilty to the lesser charge of breaching the public trust in court yesterday.

Stipulations

- As part of his sentence, Buchanan will be required to wear an electronic monitoring bracelet.
- He will also have to reside at his parents home in Cape Breton.

The Crown offered no evidence on the charge of extortion.

The court heard Buchanan was on duty when he pulled over convicted drug dealer Shawn Banfield on Dec. 10, 2009.

Buchanan then seized a small calibre handgun and a quantity of drugs, but didn't turn them in.

Buchanan later returned the drugs and firearm to Banfield at a different location.

Buchanan told Judge Del Atwood he was "sorry for all of this," and that it would not happen again.

RYAN TAPLIN/METRO



▶ Jeffrey Buchanan walks out of court in Halifax after being sentenced yesterday.

News in brief

Premier mulls U.S. ferry proposals

FUNDING? Nova Scotia Premier Darrell Dexter says the government has received two proposals aimed at bringing back a ferry service that links the southwestern part of the province to the United States.

Dexter says he has seen one of the proposals but stressed that neither are close to being considered for provincial funding help at this point.

He says that both proposals would require "a lot of work" before public funding is considered.

THE CANADIAN PRESS

Dozens nabbed for drunk driving in fall

CHARGES. More than 70 people were charged with drinking and driving in the months of September and October, according to statistics released yesterday by Halifax Regional Police.

In September, there were 34 people charged, including 10 women.

In October, 40 people were charged with impaired driving, including 33 men.

Of the 74 impaired driving cases in total, 36 were called in by the public.

METRO

Funding will pay off for all: NSRIT

RESEARCH. Nova Scotia Research and Innovation Trust (NSRIT) says a recent $5.8 million investment by the province into 21 research infrastructure projects will lead to significant benefits to the people of Nova Scotia.

Executive director Lois Levine said in a release issued yesterday that the funding through NSRIT will lead to things such as job creation, environmental sustainability and an improved economy.

METRO

More Nova Scotians bank on food help

More and more Nova Scotians are turning to food banks, a new survey suggests.

HungerCount, a national survey from Food Banks Canada, says food bank usage in the province is up 11 per cent from last year and 33 per cent from 2008.

Ninety-eight food banks were represented in the survey, according to Feed Nova Scotia, with 22,573 people needing assistance last March.

In this same month, just under 135,000 meals were served at soup kitchens, or through meal programs.

Wider trend

There's been a 9.2 per cent increase in food bank usage overall across Canada.

"While the numbers do not come as a great surprise, they are disheartening," Dianne Swinemar, executive director of Feed Nova Scotia, said in a release.

Feed Nova Scotia is also having trouble meeting the increased demand in part, according to Swinemar, because financial gifts are down.

METRO

Need a flexible, tax-free savings solution? Try a TFSA.



By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals.

While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

SWITCH and learn how EASY saving can be.

With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

It's worth a talk.

Speak to a CIBC advisor about the advantages of switching to CIBC. Visit any branch, go to cibc.com/switchsavingmadeeasier or call 1 866 712-0999.

CIBC
For what matters.

"It's worth a talk." and "CIBC For what matters." are trademarks of CIBC.

No peak-period toll rise on way for bridges

More than 33 million combined crossings each year on the two harbour bridges

PHILIP CROUCHER
@METRONEWS.CA

RYAN TAPLIN/METRO



▶ Cars approach the Macdonald Bridge.

Hgts 6 peak-period tolling to substantially cut down congestion on one of the two Halifax harbour bridges, toll prices would need to increase by 1,000 per cent.

But commuters, rest easy, Halifax Harbour Bridges says it isn't going down this road.

In fact, peak-period tolling is off the table — for now — as a possible way to cut down on bridge congestion because of the results of this survey prepared for and released yesterday by Halifax Harbour Bridges.

Any peak-period tolling would be for crossings between 7 to 9 a.m. and 3 to 6 p.m.

"We've done a nice piece of work and we've answered a question we've long wondered about, but at this stage of the game, peak-period tolling is not in play," Steve Snider, the general manager and CEO of HHB, said yesterday.

According to the online survey — which Snider said had close to 10,000 people participate — taking the current 60 cent MacPass toll and increasing it to $6 for peak periods, auto traffic would go down by 45 per cent.

Cut that increase in half to $3, bridge congestion would drop by 15 per cent, but Snider said the decrease wouldn't be noticed much by drivers.

"Another thing is given the level of traffic increases, the benefit of that gain could very well disappear within three to four years," he said.

Forty per cent of bridge traffic, according to HHB, takes place during the morning and afternoon peak periods.

Options

The study also looked at one-way tolling as a way to reduce bridge congestion. But the idea of charging commuters in the morning and then giving them a free ride for the way back would only increase traffic for the drive home unless there was increased regional road capacity and enhanced public transit, the study suggests.

- **But...** It still might cost more to cross one of the two harbour bridges soon. The Nova Scotia Utility and Review Board will begin hearings Monday on a request from Halifax Harbour Bridges to increase existing tolls.
- **Increase** The increase in fares that were made public by HHB in the summertime are for 20 cents for cars using MacPass (60 to 80 cents) and a 25 cent increase for cash customers (75 cents to $1).
- **Commercial vehicles** There is also an increase in requests for commercial vehicles.

NSCAD. Talking cuts



▶ Nova Scotia College of Arts and Design student Robyn Touchie is reflected in a mirror as she cuts Halley Davies hair at the Granville Mall yesterday.

RYAN TAPLIN/METRO

Cut tuition, not funding: Students

NSCAD students were urging the provincial government not to cut funding but to cut tuition instead.

McNeil unhappy with fall sitting

If you think the fall sitting of the provincial legislature has been boring thus far, you're not alone.

Liberal Leader Stephen McNeil charged the Dexter government of wasting time on "housekeeping" matters, while the "major issues" are left by the wayside. "We're (making) minor changes to the Police Act ... we've made other changes to legislation which really have been very minor in nature," McNeil said yesterday.

McNeil dismissed the release of the Ross and O'Neill reports — two high-profile studies into emergency rooms and university funding models — as just that: Reports.

"What are they going to do with that report?" he asked. "Are they waiting for the House to get out?"

The session began on Oct. 28. In the subsequent 15 business days, the government has tabled 21 bills according to staff.

Many of those have been relating to relatively small matters, like the aforementioned amendments to the Police Act. Tabled by Justice Minister Ross Landry on Nov. 5, the amendments require police to report all victim information to Victim Services, a practice McNeil alleges was already in place. Others have been more substantial, such as changes to the Auditor General's Act announced last week.

ALEX BOUTILIER





The hottest devices are on every wish list.

Get the hottest devices this holiday season on Canada's best network. You'll enjoy the fastest speeds, the largest high-speed coverage, the fewest call failures and clear reception.[1] Plus, they come with a SIM card giving you global coverage in over 200 countries on HSPA and GSM networks.

Visit a Bell Aliant store or authorized dealer • 1 888 4-MOBILE (662453) • bell.ca/best



Samsung Galaxy Tab™ [2]
The tablet with Flash

$599.95[3]

after $50 bill credit.

Powered by Android™

Available at select locations.



BlackBerry® Torch™
9800 smartphone

3-yr. term	No term
$179.95[4]	$599.95
SAVE $420	

with a $50 voice and data plan

ONLY FROM BELL



Samsung Galaxy S™
Vibrant™ smartphone

3-yr. term	No term
$149.95[4]	$499.95
SAVE $350	

with a $50 voice and data plan

ONLY FROM BELL



HTC Desire Z™ smartphone

3-yr. term	No term
$129.95[4]	$499.95
SAVE $370	

with a $50 voice and data plan

ONLY FROM BELL



LG Optimus Quantum™
with Windows® Phone 7

3-yr. term	No term
$99.95[4]	$449.95
SAVE $350	

with a $50 voice and data plan



Available at the following Bell Aliant stores:

AMHERST
Amherst Centre Mall

ANTIGONISH
Antigonish Mall

BEDFORD
741 Bedford Hwy.
85 Damascus Road
Bedford Place Mall
Sunnyside Mall

BRIDGEWATER
Bridgewater Mall

DARTMOUTH
202 Brownlow Ave.
Atlantic Superstore
Mic Mac Mall

ELMSDALE
269 Hwy. 214

FALL RIVER
Fall River Plaza

GLACE BAY
People's Mall

GREENWOOD
Greenwood Mall

HALIFAX
Halifax Shopping Centre (lower level)- Kiosk
Halifax Shopping Centre (upper level)
Maritime Centre
Scotia Square
209 Chain Lake Dr
5475 Spring Garden Road
West End Mall

LOWER SACKVILLE
Sobeys, 752 Sackville Dr.
Atlantic Superstore

NEW GLASGOW
Highland Square Mall

NEW MINAS
County Fair Mall

NORTH SYDNEY
131 King's St

PORT HAWKESBURY
Shediac Plaza

PORTERS LAKE
5228 Hwy. 7

SYDNEY
516 Grand Lake Rd.
Mayflower Mall

SYDNEY RIVER
Value Check Plaza

TANTALLON
Sobeys, Hubley Centre

TRURO
68 Robie St.
Truro Mall
Truro Sobeys, 985 Prince St.

WINDSOR
Fort Edward Mall

YARMOUTH
Yarmouth Mall

Available at the following Bell Aliant Authorised Dealers:

ANNAPOLIS ROYAL
Annapolis Appliances Sales & Service Ltd.
314 St. George St.

BARRINGTON PASSAGE
Wilson's Radio Shack
3542 Hwy. unit 3

BRIDGEWATER
Eastern Office Supplies
136 Logan Rd.

CHETICAMP
Aucoin's
14803 Cabot Trail Hwy.

DARTMOUTH
Axis Mobility
336 Windmill Road
Nova Communications
167 Trider Avenue

DIGBY
Peck Audiotronics
163 Hwy. 303

LIVERPOOL
MacPhersons
137 Bristol Ave.

NEW MINAS
Video World
1009 Kentucky Court

SAULNIERVILLE
Seashore Electronics
Saulnierville Mall

SHELBURNE
Video Focus
32 King St

YARMOUTH
Tri-Star Electronics
88 Forest Street

Also available at these retailers:

Bell Aliant · Best Buy · Best Buy mobile · Costco Wholesale · Future Shop · The Source · Available at Walmart · Wireless etc... · Wirelesswave

Offer ends December 6, 2010. Available with compatible devices within network coverage areas available from Bell Mobility and its partners' coverage areas where technology permits. HSPA/HSPA+ not available everywhere. Call to Client Care required to activate international long distance calling and/or international roaming. Other monthly fees, e.g., 911 (New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.50), and one-time device activation ($35) apply. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustments apply; see your Service Agreement for details. Subject to change without notice; not combinable with other offers. Taxes extra. Device selection varies by retailer. Other conditions apply. (1) With compatible HSPA+ devices. Based on comparison of national networks: (a) fastest network, according to tests of average upload and download speeds in large urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) fewest call failures based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) Supports data functionality only. (3) With new activation on the Tablet Flex rate plan. Allow 6-8 weeks. (4) With new activation on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of $50/mo. Android is a registered trademark of Google Inc. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. Microsoft and Windows Phone are trademarks of the Microsoft group of companies. Some features and services may vary by area, phone, carrier, network availability and service plan. Fees may apply. See windowsphone.ca and your phone provider for more information. "LG", the "LG logo" and "LG Optimus Quantum" are the property of LG Corp and its affiliates. HTC Desire Z is a trademark of HTC Corporation. Samsung Galaxy Tab and Samsung Galaxy S Vibrant are trademarks of Samsung Electronics Co., Ltd., used in Canada under licence.

Will the monarchy get some Canuck loving?

Middleton not 'from a long line of irrelevant traditions to which most Canadians can't relate': Historian

The love affair between the future heir to the British throne and his glamorous middle-class schoolmate may fan the flames of Canada's fondness for the monarchy, experts suggested yesterday.

Word that Prince William and Kate Middleton have set a 2011 wedding date prompted optimistic predictions from royal observers who view the couple as being well-positioned to renew Canadian support for the Royal Family.

Rafal Heydel-Mankoo, a historian and commentator on British royalty, said William and Middleton present an appealing portrait of how the monarchy will function in the 21st century.

The couple — media darlings of the British press — strike the ideal balance between time-honoured traditions and much-needed modernization, he said.

"If the monarchy is to survive, it does need people like William and Kate who actually show the modern face of monarchy and respecting its traditions, but understanding that times change and institutions have to evolve," Heydel-Mankoo said.

THE CANADIAN PRESS

THE ASSOCIATED PRESS



▶ Britain's Prince William and Kate Middleton during a television interview yesterday, the day they announced their engagement. Prince William revealed that he proposed using the engagement ring of his mother, Diana, Princess of Wales, to make sure she "didn't miss out on the excitement." For more coverage, see metronews.ca.

StFX Continuing & Distance Education

MASTER OF EDUCATION

Information Sessions

Information sessions will be held for educators who are interested in pursuing part-time or full-time study in the Master of Education Program (Educational Administration and Leadership or Curriculum and Instruction).

Information session will be held:

Halifax Regional Municipality
Tuesday, November 23
7 pm, Room 201-06
NSTU Building, Halifax

The StFX program:

- facilitates the preparation of educational leaders
- furthers the professional growth and development of practicing educators
- engages educators in research activities
- examines educational issues
- contributes to the knowledge of teaching, learning, curriculum and administrative processes

Students can complete a course-based, project-based or thesis-based MEd program in Educational Administration and Leadership or a variety of Curriculum and Instruction areas. The Master of Education program can be completed by one month of study on-site in July, followed by remaining courses completed on-line or at various locations in Nova Scotia.

Students meeting program requirements may begin courses in January 2011

1-877-867-3906 or (902) 867-3906
email: med@stfx.ca
www.stfx.ca/academic/continuinged

Royal engagement ring fuels copycats

THE ASSOCIATED PRESS

Minutes after the world first saw the engagement ring Prince William gave to his fiancee, the phones started ringing off the hook at a Manhattan jewelry maker.

The computer crashed. Then craftsmen at New York's Natural Sapphire Co. got busy.

They're making the first of dozens of orders for copies of Kate Middleton's ring — an oval blue sapphire surrounded by diamonds that once belonged to William's late mother, Diana, Princess of Wales.

CEO Michael Arnstein described it as a "frenzy."

Arnstein called his wife to say he didn't expect to make it home last night.

THE ASSOCIATED PRESS



▶ The ring, as seen on Diana's hand.



▶ The same ring, as seen on Kate Middleton's hand yesterday.

Congratulations from Harper

Prime Minister Stephen Harper is offering congratulations to Prince William and Kate Middleton on their engagement and wants them to visit Canada after the wedding.

Harper says Canadians offer warm wishes for the impending nuptials.

"It would be an honour to welcome Prince William and his bride to Canada in the future and show them the special warmth and cherished traditions that are reserved for members of the royal family," Harper said in a statement.

Prince William last visited Canada in 1998, on a private trip to Whistler, B.C., with his father and brother.

THE CANADIAN PRESS

Wednesday, Nov. 17 & Thursday, Nov. 18



Shown:
LORI MICHAELS
Dress. **Sale $53.40**

40% off

Women's suits and dresses

In our suit and dress departments. Excludes Nicole Miller, Joeffer Caoc and David Dixon.

$39.99

REG. $65 TO $75
LEVI'S 505 & **516** denim, **HAGGAR** Road Warrior and **PERRY ELLIS PORTFOLIO** wrinkle-resistant casual pants





Shown:
JONES NEW YORK
Tonal stripe
2-piece pyjama.
Sale $42

30% off

Women's and men's sleepwear and robes

Women's excludes:
Midnight by Carole Hochman, Oscar Pink by Oscar de la Renta, Juicy Couture, Calvin Klein, DKNY, Lauren by Ralph Lauren, Diesel, Betsey Johnson, N Natori, Hudson North and items with 99¢ price endings.

Men's sleepwear and robes by:
JONES NEW YORK, HUDSON ROOM, IZOD and JOE BOXER

Off our regular prices.

SAVE 70% $199.99

REG. $699.99
CUISINART 12-piece stainless steel cookware set

50% OFF Cookware sets

25% OFF Open stock cookware by GORDON RAMSAY, LE CREUSET and ADVANCIA



thebay.com
twitter.com/thehudsonsbayco

the Bay

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salviati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "Manager's Special" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store – no rain checks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details.

CLEVE'S MOTHER OF A DEAL!
Columbia Sportswear Company
Get a FREE Columbia Daypack...
when you purchase any Columbia insulated winter jacket.
November 17th–28th
CLEVE'S Source for sports
Spring Garden 420-1649
Bayer's Lake 450-5353
Colby Village 434-0022
Sackville 865-7183
Burnside 468-3838
* This offer has no cash value. Not valid in combination with any other discount offer. Layaways not available with this offer.

Two die in Haitian riots against UN

Health ministry says official cholera death toll has passed 1,000

RAMON ESPINOSA/THE ASSOCIATED PRESS



▶ A woman carries a child with symptoms of cholera in Port-au-Prince, Haiti.

Anti-UN riots spread to several Haitian cities and towns, as protesters blaming a contingent of Nepalese peacekeepers for an outbreak of cholera that has killed more than 1,000 people exchanged gunfire with UN soldiers.

Protesters continued to barricade some roads yesterday. The protests left at least two people dead.

A demonstrator was shot dead by a UN peacekeeper during an exchange of gunfire in Quartier Morin, near Haiti's second-largest city of Cap-Haitien, the United Nations mission said.

It said it was investigating the shooting but asserted the soldier acted in self-defence.

Haiti Senate President Kelly Bastien told Radio Vision 2000 that a second demonstrator was shot and killed in Cap-Haitien itself. He did not know who shot him.

The 12,000-member force reported that at least six UN personnel were wounded in protests at Hinche in the central plateau, while local Radio Metropole reported that at least 12 Haitians were injured in Cap-Haitien.

The protests apparently began in Cap-Haitien early Monday and within hours had paralyzed much of the northern port city. An APTN television cameraman trying to reach the area was repelled by protesters throwing rocks and bottles from a barricade.

THE ASSOCIATED PRESS

Sex law fails kids, claims new study

An increase in Canada's age of consent law from 14 to 16 was supposed to protect teens from exploitation.

But a study suggests that children under 13, already protected by the existing law, may have been the ones most at risk.

THE CANADIAN PRESS

39% The study found 39 per cent of teens who first had sex at age 12 or younger had it with someone 20 or older.

Parliament. Busted



▶ Environmental activists are apprehended by House of Commons security after staging a peoples assembly inside the Parliament buildings in Ottawa yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

Activists get rowdy in Parliament

Environmental activists, part of a local group called Ottawa Climate Justice, according to a CBC report, were arrested at the Parliament buildings yesterday. Last year, climate activists for Greenpeace scaled the roof of the Parliament buildings and unfurled a banner.

Can you please move your shoulder? The person behind you is trying to read.
metro
News worth sharing.

Victims Matter.



The Government of Canada is taking action for victims of crime.

So can you.

Find the information you need at:

VictimsMatter.gc.ca

1 800 O-Canada

Government of Canada | Gouvernement du Canada

Canada

TOO MANY ARE INDEBTED TO FOOD BANKS

Just sayin'

PAUL SULLIVAN



Did you know that last March, 867,948 Canadians stood in line at a food bank?

That's nearly one million Canadians who either can't or don't know how to take care of themselves, and the number is rising.

One in 10 of those people were there for the first time.

And that's 28 per cent higher than 2008.

This in a country where people are giving each other cars for Christmas.

It's easy to blame the victim. If we didn't just give away free food, these people would get off their duffs PDQ and go out and work for their daily bread. We're just encouraging them, right?

Wrong. More than one-third of the people in the lineup were younger than 18. Are we going to tell them to quit school and get a job so they can pay for their meals?

That would be reverse social engineering: Let's see how many social and economic refugees we can create, and then see how they cope in an adult world. Even Stephen Harper can probably understand that's not a great idea.

Yes, food banks foster an unhealthy dependence on handouts. But the alternative — malnutrition, starvation — is really unhealthy, too. And how many of those people would rather have enough to eat, a nice roof over their heads and meaningful employment? Show of hands, please.

"Clearly, the system is broken. As in the U.S., the disparity between rich and poor is growing."

Clearly, the system is broken. As in the U.S., the disparity between rich and poor is growing. Here in B.C., the provincial government just gave everyone a 15 per cent income tax break while keeping the minimum wage at eight bucks an hour, which is a modern form of slavery. Try feeding a family on $350 a week when a single loaf of bread costs $3.50. For those people, 15 per cent of nothing is still nothing. If you're rich, it's a holiday in Florida.

When one in 34 people has to endure the shame of standing in line for a handout to get enough to eat, how many others are hanging on by their fingernails? How big is this problem anyway?

And what are we going to do about it? We can keep giving cans of SpaghettiOs to the food bank, which is better than nothing, or we can actually raise the minimum wage and increase job training programs.

Or we could just go ahead and spend $16 billion on a bunch of F-35 stealth fighter jets and to hell with a bunch of hungry kids.

There's no such thing as a free lunch, right?

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



Kicking up their heels

Worth mentioning

Spain's flamenco dance, the Mediterranean diet and Chinese acupuncture were all given UN protection yesterday as cultural treasures worth preserving.

The traditional gastronomic meal of the French, with rites for celebrating events such as births and weddings, was also adopted by UNESCO's Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage. UNESCO is the United Nations Educational, Scientific and Cultural Organization. The UNESCO committee maintains a list of practices from around the world that contribute to spreading the knowledge of inherited cultural practices and promoting awareness of their importance. The committee, meeting in Nairobi yesterday, approved 50 of the 51 nominations presented for inclusion on the list of Intangible Cultural Heritage of Humanity.

When flamenco was announced as an addition to the list, shouts of Ole! echoed through the room from the Spanish delegation and representatives of other Spanish-speaking countries.

UNESCO also adopted Spain's human towers, built during annual festivities in Catalonian towns, and the chant of the Sybil performed in churches on Majorca. THE ASSOCIATED PRESS

Ole!

GETTY IMAGES



Are royal weddings still glamorous?

Email
halifaxletters@metronews.ca
Twitter
@metrohalifax

Metro has the right to edit letters and submissions.

metro

METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS, B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610
Advertising: 902-421-5824 • halifax_advertising@metronews.ca • halifax_distribution@metronews.ca
Publisher Greg Lutes, **Managing Editor** Philip Croucher, **Sales Manager** Dianne Curran, **Distribution Manager** April Doucette
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Deputy National Editor** Fernando Carneiro, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Halifax Mooseheads

It's not everyday the Halifax Mooseheads face a team worse than them in the Quebec Major Junior Hockey League standings, but tonight is that night.

The Mooseheads are hosting the Rouyn-Noranda Huskies at the Metro Centre at 7 p.m. in a battle of division basement dwellers.

Halifax is 7-15-1, last in the Maritime Division with 15 points, one behind the Cape Breton Screaming Eagles. Rouyn-Noranda is 4-17-2, last in the West Division with 10 points.

Halifax goes into the game losers of two straight, while the Huskies are winless in 12 (0-10-2). Suffice it to say, something has to give.

METRO

RYAN TAPLIN/METRO



▶ The Halifax Mooseheads host the Rouyn-Noranda Huskies tonight at 7 at the Metro Centre.

DARREN CALABRESE/THE CANADIAN PRESS



▶ Thousands of people line all levels of the Eaton Centre while doing some last-minute Christmas shopping in Toronto last December.

Shoppers put reins on holiday spending

Asked what they'd do with a bonus or extra income, 75% said they would save it or pay down debt: Survey

Recession-battered Canadian shoppers will be reluctant to splurge this holiday season, and retailers should expect weaker-than-usual sales, suggests a new report by Deloitte Canada.

Almost half of Canadians, or 44 per cent, who responded to Deloitte's 2010 holiday outlook survey said they plan to spend less this holiday season than they did last year.

"I think consumers are getting mixed signals (about the economy) and they're reacting hugely rationally," said Brent Houlden, Deloitte Canada's retail practice leader.

The firm's holiday outlook survey released yesterday suggests that retailers will likely be disappointed by a modest holiday season after enjoying strong sales increases in the first half of the year.

Deloitte expects Canadians to continue on a more frugal path, partly because they are trying to pay down debt and partly because recent economic data points to more uncertainty ahead.

Canadians' debt loads have reached 146 per cent of income levels, meaning for every dollar earned, consumers owe $1.46 in debt. THE CANADIAN PRESS

Slow sales

- **The HST** in Ontario and B.C. may have led consumers to spend earlier and pull sales ahead that may have otherwise taken place later in the year.
- **A strong Canadian dollar** could send some shoppers south of the border to seek deals.
- **But shoppers** shouldn't expect big discounts or sales because retailers have become accustomed with recession-battered consumers' shopping habits and have reduced inventory, says Deloitte.
- **A survey** released yesterday by MasterCard Canada found that about two-thirds of Canadians don't set a budget for the holidays. Nearly half admitted to having gone over their holiday budget before the holidays actually arrive.

Yahoo forms new alliances

Yahoo is turning its U.S. website into an outlet for bargain hunter Groupon and more than a dozen other similar services. The partnerships announced yesterday are the latest in a series of alliances that Yahoo Inc. has forged in the past 18 months. The turnaround efforts haven't paid off yet, leaving Yahoo vulnerable to a possible takeover. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

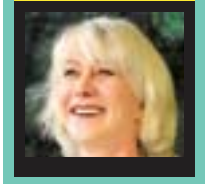
TSX	Dollar
– 133.18 (12,602.23)	– 1.29¢ US (97.83¢ US)
Oil	**Natural gas 1,000 cu ft**
– $2.52 US ($82.14 US)	$3.818 (– 2.7¢)
	Gold contracts
	$1,338.40 (– $30.10)

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com
4010_0801

LONG DISTANCE
Comwave Is Knocking Out The Competition With NEW LOWER RATES
If you're paying less than our advertising rate CALL US... and we'll beat your rate
CUBA 8.9 INDIA 2.9 PAKISTAN 5.9 PHILIPPINES 11.9
Afghanistan 24.9 ¢ Libya 24.9 ¢
Bangladesh 3.9 ¢ Nepal 7.9 ¢
Ecuador 9.9 ¢ Romania 2.9 ¢
El Salvador 9.9 ¢ Saudi Arabia 9.9 ¢
Guyana 24.9 ¢ Sri Lanka 9.9 ¢
Jamaica 8.9 ¢ Trinidad 4.9 ¢
Jordan 9.9 ¢ U.A.E. 14.9 ¢
Lebanon 9.9 ¢ Vietnam 4.9 ¢
Make Long Distance and OverSeas Calls From your Home or Cell Phone
At our GUARANTEED LOWEST RATES!
UNLIMITED Long Distance Calling to Canada & U.S.A Even from your Cell Phone! $14.95 /month
Call over 30 Countries
NEW LOW RATE ONLY 1.9 ¢/MIN
1-866-519-8090
comwave
www.comwave.ca
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The Comwave Call over 30 Countries for 1.9 cents does not include calls to overseas mobile phones and it has a monthly fee of $3.95. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Mexico on this bundle are to Mexico city and Monterrey. Calls to Russia on this bundle are to Moscow and St. Petersburg. Calls to Overseas Mobile Phones may be billed at a higher rate. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. Terms and conditions apply, see www.comwave.ca for details

2 scene

News in brief



Helen Mirren better make some room on her awards shelf. The Hollywood Reporter announced yesterday that the 65-year-old Oscar winner will receive the Sherry Lansing Leadership Award at a ceremony next month.

Halle Berry will present the award to Mirren at the Women in Entertainment breakfast on Dec. 7, where Katie Couric is set to give the keynote address.

The Sherry Lansing Leadership Award is presented annually to a woman who has built a unique entertainment career and made significant contributions to society.

THE ASSOCIATED PRESS



Fire at warehouse storing Neil Young memorabilia started in car singer converted to hybrid

- Harry Potter star has managed to keep down-to-earth despite worldwide fame
- Deathly Hollows Part 1 is a slow build-up to frantic final installment of hit franchise
- How does Potter villain Draco compare to other movie bad guys?

JOEL RYAN/THE ASSOCIATED PRESS



▶ Daniel Radcliffe plays Harry Potter in Harry Potter and the Deathly Hollow Part 1, which comes out on Friday.

Radcliffe avoids fame's spell



EMMA E. FORREST
TRAVEL@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Harry Potter star Daniel Radcliffe talks to Metro about what it's like being a global icon – and keeping his feet on the ground.

Has it been difficult keeping a sense of perspective when you're surrounded by screaming fans?
Whomever had been cast as Harry would have received that attention, so you have to realise that it's not because it's you. When I talked to the director of Twilight, I asked how Rob (Pattinson) was doing. She was saying that before Rob had even been cast, she went to a reading by Stephenie Meyer and when Stephenie said the name Edward Cullen, the audience went nuts. So whoever was going to be cast in that role was going to have a pretty crazy life for the next few years, and it's the same with Harry.

How does Part One compare to Part Two?
This is the sedate younger brother to the last part. In the last part you'll be slung head first at 200 miles per hour into a firestorm. The level of action is insanity, it's non-stop. It's a road movie that turns into a heist movie that turns into a war movie. The battle in Hogwarts is incredible. People are going to be left slightly breathless by it.

Is there a souvenir you've taken from Harry Potter?
I did take, and I would have stolen had they not given them to me, the glasses, one pair from the first film, which are tiny now, then a pair from the last.

They're both the lenseless ones that I used the most, so they're the ones I associate most with Harry.

Everyone says that the atmosphere on the Harry Potter set is great.
If you're playing the lead you have to view yourself as the head of department of the cast. All the other head of departments are accountable and I don't think actors should be any different. If I walked on set every day with a dull, unhappy attitude, it's amazing how quickly that would filter through to everyone else on the crew. When you're filming for nine months you can't afford to let morale slip.

Felton loves being Potter villain

Tom Felton, who plays Draco in Harry Potter, talks about his favourite villains, and how Draco would match up to the Dark Knight.

What's the best thing about playing someone evil?
It's so nice to play someone so well written, and someone that's so different from Tom. I'd like to think there's not much evil in Tom but there's plenty of evil in Draco. Draco's not an evil child at all – he's quite a soft sweetheart really – but he's a victim of circumstances, and a victim of terrible parenting. He was the most evil when he was young. As he's grown older, and in this film, he's grown a conscience for the first time.

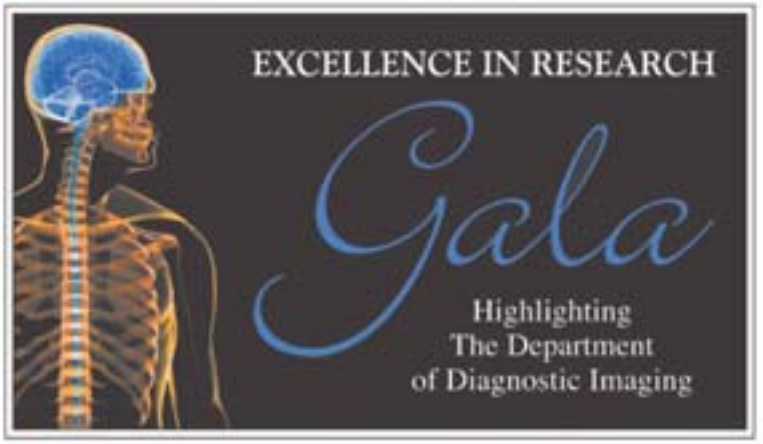
How do you think he would match up to other movie superheroes?
Well we do have the great advantage of the wand – we don't have to get within 20 metres of each other. I like to think that with that you can't really fail. A bit of abracadabra and bam! The job's a good 'un.

Would Draco have a chance against the Dark Knight?
Wow, not a hope in hell. That guy's at another level. Draco would be petrified at the thought.

What's your favourite villain look?
The Joker, Heath Ledger, in the last film. And not even just all the makeup. I loved him in the first shot in that odd clown mask that he wears when he's robbing the bank.

EMMA E. FORREST





Thank You to Guests and Sponsors



(from left) Special guest Steve Patterson, comedian and host of The Debaters, entertains guests; Guests enjoy dinner while learning about innovations in Diagnostic Imaging; The smooth jazz of the Mike Cowie Band has guests dancing.

Over 900 people were taken on a fantastic voyage of discovery at the 2010 QEII Excellence in Research Gala on Friday, November 5th at the Cunard Centre. This year's gala featured the Department of Diagnostic Imaging and its many accomplishments and triumphs. An impressive $132,500 was raised to support diagnostic imaging research, so that more discoveries can be made and technologies can be further enhanced.

This annual Gala recognizes outstanding achievements in health research and the contributions and support received from the corporate community. The QEII Foundation sincerely thanks everyone who supported this gala.

A Special Thanks to all of Our Sponsors:

Platinum Sponsors:

Associated Imaging Consultants Incorporated

AstraZeneca

Pfizer — Working together for a healthier world™

RCR Hospitality Group — You win, too!

Gold Sponsors:

Crothall

Advocate

Loud & Clear

Pepsi Bottling Group

SIEMENS

Sound Systems+

Silver Sponsors:

AGFA HealthCare Inc. | Bracco Imaging Canada | Doctors Nova Scotia | GE Healthcare

Bronze Sponsors:

The Bluteau DeVenney Group of Wellington West | Flaim Wolsley, Chartered Accountants
Freedom 55 Financial, a division of London Life Insurance Company | Johnson Insurance | Medavie Blue Cross
Merck Frosst Canada Ltd. | Novartis Pharmaceuticals | Sanofi Aventis

QEII FOUNDATION
EXCELLENCE • INNOVATION • LEADERSHIP

Brought to you with the generous assistance of Metro, a proud supporter of the QEII Foundation

www.qe2foundation.ca

No pre-nup for Jessica Simpson



▶ JessicaSimpson: following her heart.

Despite getting burned once already, the singer is taking a chance on love once again

Despite reportedly handing Nick Lachey a chunk of her fortune during their divorce, Jessica Simpson isn't asking for a pre-nuptial agreement from new fiancé Eric Johnson, according to Popeater.

"Nick walked away with over $10 million of her money when they divorced because they had no pre-nup," a source says.

"You would think she would have learned her lesson. But where romance is concerned, Jess follows her heart, not her head." METRO

YOU COULD WIN
AN INTERACTIVE TOY CONCEPTS HUNTER SERIES PRIZE PACK!



www.interactivetoy.com
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER

Darren Criss returns to Glee

Glee guest star Darren Criss has turned a "Teenage Dream" into reality.

The Fox series' co-producer, Twentieth Television, says Criss and his character, prep school glee club member Blaine, will continue to appear on the show this season and that Criss could become a regular next year under a newly signed deal.

The 23-year-old's character was introduced last week as a mentor to Kurt (Chris Colfer), a gay student who faces harassment at school. Criss and the glee club performed a cover of Katy Perry's Teenage Dream in that episode.

Twentieth Television says the cover scored the highest first-day sales for a Glee track, with more than 55,000 downloads.

Criss returns on today's episode of Glee, which features guest star Gwyneth Paltrow as a substitute teacher.

Twentieth Television says whether Criss' character and Kurt become romantically involved has yet to be decided. METRO

Talking points

Back together

BRITNEY SPEARS. After being separated for eight years, Britney Spears' parents have reportedly reconciled, according to People. "They are back together and are doing well and happy," a source says. "[They're] not remarried but back together."

Lynne and Jamie Spears have been spending a lot of time together during the past two years after Jamie took control of Britney's finances. METRO

Experience makes you hesitate

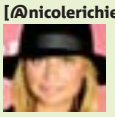
BABY NEWS. Mariah Carey insists she waited so long to announce her pregnancy because a miscarriage in 2008 made her and husband Nick Cannon superstitious, she tells Hello! magazine.

"I became extra superstitious and overly cautious because of what we had gone through a year and a half ago, so didn't want to talk about it publicly for a long time during the first trimester," she says.

"It's always difficult when ... you are both really happy and excited about a prospective child being born." METRO

Lance Armstrong

[@lancearmstrong] Remember when women had that BIG HAIR? Please tell me that trend doesn't come back around when my 9 year olds are 16.

Nicole Richie
[@nicolerichie] Today I'm

gonna just let my soul glo

Alicia Keys
[@aliciakeys] I have the

best arm accessory in the universe;-)

Neil Patrick Harris
[@ActuallyNPH] I'm

apparently up for a People's Choice Award. If you have a few minutes, please vote for me five billion times.

Wedding bells for Leo DiCaprio?



Leonardo DiCaprio and Bar Refaeli sparked engagement rumors recently when his mom joined them in Israel to meet her parents, but the speculation is just that, sources tell Us Weekly. While DiCaprio's mom got to meet Refaeli's parents, a source insists the trip is "just a vacation," and that they are in Israel to celebrate DiCaprio's birthday. METRO



You'll know what to do.
Success College graduates are prepared and ready to work. That's the value employers see in our students. Our accelerated learning process allows you to enter the workforce and start earning the income you want sooner. Get your career today.
• Child & Youth Care Worker
• Paralegal Plus Program
• Counselling Skills
• Business Administration Program
• Medical & Dental Administrator
Class begins in January.
1.800.662.3991
ThinkSuccess.ca
SC Success College
Get Ready.

- An iconic seaside town has seamlessly integrated history with modern comforts
- Visit sites from the 1700s and 1800s, or dine in some of Nova Scotia's finest restaurants

FLICKR: MR. MOSS



▶The 257-year-old town boasts colourful buildings.

FLICKR: INAWEOFGOD'SCREATION



▶Tourist activities in the Nova Scotia town include classes on building a traditional dory.

Past meets present in Lunenburg

FLICKR: WJKLOS



▶Lunenburg's seaside location has great views.

It may be one of the oldest towns in Canada, but in Lunenburg, N.S., the past has found a seamless way to meet the present.

Established in 1753 as the first British colonial settlement in the province outside of Halifax, early inhabitants seem to have set the tone for hospitality.

Settlers from parts of Germany Switzerland and France followed in the footsteps of early Mi'kmaq and Acadian inhabitants.

"This is a community where traditions run deep," says Lawrence Mawhinney, mayor of the iconic seaside town.

"You wander through the historic downtown and you can see the way things used to be, the way they are, and can be."

A walk to the harbour that birthed the famed schooner Bluenose, the ship on the back of the Canadian dime, takes visitors past brightly coloured buildings built in the late 1700s and early 1800s.

Most have found new life as retail outlets, craft shops and, arguably, some of the finest restaurants in the province.

Terry Vassallo, executive chef-owner of Trattoria della Nonna, opened his doors a few years ago.

Already he says he feels at home watching the 257-year-old town drape itself in yet another persona.

"It dawned on us as we moved here that it was slowly becoming a culinary destination because there's just so much available to us," he says, sitting in the office of his Tuscan-orange restaurant.

"We are at the crossroads of amazing seafood, amazing growers and livestock. It's exactly the direction we wanted to move in," says Vassallo.

A few blocks away, in an old blacksmith's shop, Pierre Guevremont and Lynne MacKay set up Ironworks, an artisanal distillery that boasts Canada's only apple-based vodka.

"The thing that attracted us about Lunenburg was the restaurants and cooking school that we thought would really be a perfect fit," said Guevremont.

The town boasts a variety of accommodations, from unique bed-and-breakfasts to restored inns that have managed to keep a period feel while also providing all of today's modern comforts.

There's a developing trend toward multi-night stays as visitors seek out new dining venues to sample local fare or take in local festivals that feature folk art and folk music.

Lunenburg also has historic sites and museums, such as the Fishermen's Museum of the Atlantic where you can learn the history of the industry, rum running and whales.

In 1995, UNESCO recognized the town's cultural and natural heritage by adding it to its World Heritage List.

"It used to be people would stop by for a day as they drove around the province, but now they come to Nova Scotia specifically to come see Lunenburg," says Mawhinney.

THE CANADIAN PRESS

If you go

You can find more info about Lunenburg on the web. Check out:

- Explorelunenburg.ca
- Musuem.gov.ns.ca
- Trattoriadellanonna.ca
- Folkharbour.com
- Ironworksdistillery.com

3 life

Historical pride



A network of dikes created by Acadians in the Bay of Fundy has been recognized as being of historical significance.

The dikes, made of sod and clay, allowed settlers to drain salt marshes for farming. Gates ran rain water into the ocean at low tide but prevented salt water from flooding crops at high tide.

THE CANADIAN PRESS

Comics by 18 Jewish women featured in Graphic Details exhibit.

ONE GREAT TRIP DESERVES ANOTHER

BOOK BEFORE DEC. 15, 2010 AND GET A $200 GIFT CERTIFICATE TOWARDS YOUR NEXT VACATION.

20,000 GIFT CERTIFICATES TO BE GIVEN AWAY!

transat HOLIDAYS

REGISTER AT: yournextgetaway.com

Puerto Plata
$799
BAHIA PRINCIPE SAN JUAN GOLDEN CLUB ★★★★
7 NIGHTS ALL INCLUSIVE
Mon, Feb 28, Mar 7
Add taxes & fees $326

Riviera Maya
$999
OCCIDENTAL GRAND XCARET ★★★★½
7 NIGHTS ALL INCLUSIVE
Thu, Mar 10, 17, 24
Add taxes & fees $277

Cayo Santa Maria
$1049
MELIÁ CAYO SANTA MARIA ★★★★½
7 NIGHTS ALL INCLUSIVE
Thu, Mar 17
Add taxes & fees $210

Punta Cana
$1099
BARCELÓ BAVARO PALACE PRESTIGE CLASS ★★★★½
7 NIGHTS ALL INCLUSIVE
Sun, Mar 20, 27
Add taxes & fees $326

For more details, consult your travel agent or visit transatholidays.com

One Great Trip: Promotion valid for bookings of minimum one-week all-inclusive packages at a South destination offered by Transat Holidays. Bookings must be made between November 5 and December 15, 2010 for travel between December 17, 2010 and April 30, 2011. One gift certificate of $100 per person for a maximum of $200 per booking file. Flights are from Halifax via Air Transat or Canjet. Prices shown are per person, based on double occupancy, lead room category. Space and prices are subject to availability at time of booking and subject to change without notice. Taxes & fees are extra and noted above. For complete details and terms and conditions refer to the Transat Holidays 2010 -2011 Sun brochure. Transat Holidays is a division of Transat Tours Canada and is registered as travel wholesaler in Ontario (Reg # 50009486) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8.

A trail of green snow

Metro's winter sports specialist looks at the resorts that are trying to shrink their snowy carbon footprint Can skiing ever be completely eco-friendly? Unlikely. But there are some ways of doing it while having fun



TRAVEL@METROEWS.CA

WHAT KIT TO USE

If you're taking things seriously, you need to choose the right kit.

Mountain brand Patagonia (patagonia.com) has carved its niche as a green clothing provider.

It is part of the one per cent of companies that use a fibre-to-fibre recycling system to make new clothes from old.

Ski and snowboard manufacturer K2 (K2snowboarding.com) has also upped its eco game, bringing out the Eco Pop snowboard, which keeps materials to a minimum.

WHERE TO GO

To check out the green credentials of a resort before booking, the Ski Club of Great Britain has an excellent resource at skiclub.co.uk.

Currently coming out on top is the North American resort of Aspen.

WHAT TO DO

If you want to tread lightly, ditch downhill skiing with its chairlifts and opt instead for ski touring or snowshoeing.

Dream Guides (dreamguides.com) runs day and multi-day ski tours in France, Italy and Switzerland. During the tours, clients use 'skins' on their skis to move up cols, accessing areas unattainable on tradition skis.

If your skiing isn't good enough to cope with hours of off piste, try snowshoeing with Icicle Mountaineering, which runs week-long courses in the Chamonix Valley (icicle-mountaineering.co.uk).

GET INVOLVED

Eco Expo is a new exhibition/conference, which launched last year in Chamonix, France and is due for its second instalment in April 2011.

As well as talks by environmental experts on how to reduce the carbon footprints of skiers and businesses, the event hosts organic food and wine tasting and a clothes swap.

For more information, visit eco-expo.org.

FLICKR: PAUL.CARROLL



Golden, B.C.

khrl.com

Celebrating its fifth birthday, and located in the small, uncommercial but powder-heavy resort of Kicking Horse, KHRL is an absolute find.

Geothermal technology is used to heat the building, reducing CO2 emissions by 77 per cent.

Owners encourage guests to revel in the spectacular natural environment that's on their doorstep.

FLICKR: MVI



Mount Hood, Ore.

timberlinelodge.com

Timberline Lodge is the first ski resort in the world to receive third-party recognition of its eco-credentials via Sustainable Travel International's Sustainable Tourism Eco-certification Programme (STEP.) Initiatives it was commended for include its work with the Forestry Service and its employee-led Green Team.

TRAVEL CUTS
Get there for less with Travel CUTS.
Inca Discovery, the South America Adventure
A must-see highlight of Peru – the Inca Trail to Machu Picchu!
Includes: accommodation, guided tours—Sacred Valley, 4-day Inca Trail hike, Machu Picchu, ground transportation and some meals.
$1,069* 8 nights
Departs Jan 24, 2011
Other dates available
gap adventures
Come in or call today.
Dalhousie University SUB, Lower Level
travelcuts.com
902.494.2054
*CDN$ pp. Land only. Other dates available, prices may vary. GAA.
ON–4499356/4499372 | BC–3312?/34799/34798 | QC–7002238 | Canadian owned

Sears travel
Every trip has its rewards
Presentation with Exotik
Sears Travel and Exotik Tours will be hosting a travel talk on November 24th. Come discover the affordable stays being offered to exotic destinations such as Spain, Portugal, Tunisia, Bali and Australia
Sears Travel Office 7:00pm
7001 Mumford Road Halifax
Receive 4X Sears Club Points* and Pay in 12 Equal Monthly Installments, No Money Down**
when you book your next vacation on your Sears Credit Cards by Nov. 30, 2010
RSVP Sears Travel
902-454-7443 | trav616@sears.ca

SEAT SALE
GLASGOW.....$437
MANCHESTER.....$437
PARIS.....$480
AMSTERDAM.....$480
SCANDINAVIA.....$480
ITALY.....$480
BUDAPEST.....$480
GREECE.....$630
DUBAI.....$730
INDIA.....$771
NAIROBI.....$810
S. AFRICA.....$980
SAUDI ARABIA.....$980
CHINA.....$748
MANILA.....$1008
AUSTRALIA.....$1160
TAXES EXTRA, SOME RESTRICTIONS APPLY
TAX FREE SOUTH
BOOK BY 22 NOV 2010 & PAY NO TAX ON VACATIONS TO:
DOMINICAN REPUBLIC
JAMAICA & MEXICO
TAKE ADVANTAGE OF OUR 'FLEXIPAY'
United Travels 1989-2010 21 Years of Service
www.unitedtravels.ca Scotia Square, Halifax
1-800-893-0111
1-902-422-0111
Open Mon - Fri 9-6, Sat 10-3
E-Mail: travel@unitedtravels.ca

Give to a friend at no extra cost.
metro
News worth sharing.

Remember the Alamo!

The bloody mission is still a big draw. But make no mistake, this is one of the prettiest cities in America.

METRO
TRAVEL@METROEWS.CA

SEE
The Alamo
It's hard not to be moved by the quiet dignity of the former Catholic mission, which belies its bloody tale.

HEAR
Remember the Alamo!
Basically, a lot of visitors have seen the 1960 John Wayne movie, and if you hang around long enough, you are guaranteed to hear the time-honoured phrase.

EAT
Biga on the Banks
The best restaurant in San Antonio (at 203 S. St Marys) offers a combination of privacy and a vibrant atmosphere. The food is exceptional as are the matching wines.

DRINK
Beer
San Antonio has more than its fair share of micro breweries, meaning drinking beer here is as adventurous as drinking wine in Bordeau. The Blue Star Brewing Co., and the Freetail Brewing Company are great but, seriously, try as many as you can and trust your palate.

WEAR
Cowboy boots
Yes, we know, but if you can't wear them in this Texan heartland where can you wear them? Don't be tempted by the cowboy hat though. You can only pull this off if you are a gen-u-ine cowboy.

DO
The River Walk
This is the city's famous centrepiece. A strange but effective inner city sanctuary following the bends of the San Antonio River. It's a great way to see the place during the day and a cool place to chill at night.

DON'T
Diss the Yellow State Rose
Texans, even the most cultured San Antonians, are notoriously thin-skinned. It's an almost sarcasm-free zone. Upbeat and positive are the key notes here.

SAY
'After you'
Good manners are a big deal in San Antonio. Courteous behaviour will always be very welcome. Rude behaviour? Not at all.

For more information go to visitsanantonio.com

FLICKR: GSLOAN



▶ The Alamo is San Antonio's most famous tourist attraction.



FLIGHT CENTRE® Unbeatable

Airfares

Cancun from $199 + taxes & fees $279

Toronto	one-way from $129 + taxes & fees $62
Punta Cana	from $215 + taxes & fees $322
Miami	from $265 + taxes & fees $115
Varadero	from $315 + taxes & fees $219
New York	from $359 + taxes & fees $103
Jamaica	from $365 + taxes & fees $292
Las Vegas	from $379 + taxes & fees $128
London	from $439 + taxes & fees $441
Phoenix	from $478 + taxes & fees $139
Mexico City	from $489 + taxes & fees $318
Lima	from $695 + taxes & fees $302
Johannesburg	from $989 + taxes & fees $513
Sydney	from $1119 + taxes & fees $364

All-inclusive Vacations

Dominican Republic 7 Nights 4-Star from $505 + taxes & fees $322
INCLUDES accom in Santo Domingo.

Varadero 7 Nights 4-Star	from $555 + taxes & fees $219
Punta Cana 7 Nights 4-Star	from $685 + taxes & fees $322
Jamaica 7 Nights 4-Star	from $792 + taxes & fees $292

Vacations

Havana Air + 7 Nights 4-Star from $475 + taxes & fees $219

Rio de Janeiro Air + 7 Nights 4-Star from $1379 + taxes & fees $199
INCLUDES accom near Copacabana Beach.

Spain Malaga, Air + 15 Nights from $1439 + taxes & fees $383
INCLUDES beach resort-style accom in Costa del Sol, southern Spain.

Canada & USA

St Andrews by-the Sea Valentine's Day, 2 Nights from $159 taxes & fees included
INCLUDES 2 night Fairmont accom in the picturesque resort town of St Andrews by-the-Sea over Valentine's Day weekend.

Mont Tremblant 3 Nights from $499 + taxes & fees $159
INCLUDES accom near Mont Tremblant.

Boston St Patrick's Day Air + 3 Nights from $499 + taxes & fees $99
INCLUDES 3 nights 4-star downtown accom.
ADD 2-day GO Boston Card from $79.

San Antonio Air + 3 Nights from $669 + taxes & fees $110
INCLUDES 3.5-star accom and buffet breakfasts.

Phoenix Air + 3 Nights 4-Star from $799 + taxes & fees $114
ADD Grand Canyon helicopter day-trip from $329.

Fort Lauderdale Family Spring Break Air + 6 Nights + Car from $829◊ + taxes & fees $112
INCLUDES 6 nights beachfront accom and 6-day mid-size car rental with unlimited mileage. Price per person based on family of 4.

Las Vegas New Years Eve Air + 3 Nights 4-Star from $879 + taxes & fees $192
INCLUDES accom on the Strip over New Year's Eve.

Cruise Vacations

Western Caribbean 4-Night Cruise from $198 + taxes & fees $86
CRUISE roundtrip Miami and visit Key West & Cozumel.

Eastern Caribbean 5-Night Cruise from USD $219 + taxes & fees USD $76
CRUISE roundtrip Miami and visit Nassau, Half Moon Cay & Grand Turk.

Southern Caribbean 7-Night Cruise from $399 + taxes & fees $51
CRUISE roundtrip San Juan and visit St Croix, St Kitts, Dominica, Grenada & Tobago.

Asia 5-Night Cruise from $559 + taxes & fees $68
CRUISE roundtrip Singapore and visit Phuket, Langkawi and Kuala Lumpur (Port Kelang).

Mexican Riviera Christmas 7-Night Cruise from USD $599 + taxes & fees USD $76
CRUISE roundtrip San Diego and visit Los Cabos, La Paz & Mazatlan.

Hawai'i 14-Night Cruise from USD $1199 + taxes & fees USD $49
CRUISE roundtrip Los Angeles and visit Hilo, Honolulu, Nawiliwili, Lahaina & Ensenada.

1 866 485 7093 | TEXT Join our Insider Club for hot deals. Text YHZ to 131 600 | flightcentre.ca | Visit us in store.

LOWEST AIRFARE GUARANTEE

Conditions apply. Ex: Halifax. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person for quad occupancy (2 adults & 2 children ages 3-17). †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree.

Mmm milk: The calendar is back

And the recipes are just as good as you remember, along with some new twists

Jennifer MacKenzie remembers her family receiving the Milk Calendar in their weekend newspaper every November.

"So many people have grown up with it and we are trying to keep the tradition going," says the Peterborough, Ont., home economist and restaurant owner.

MacKenzie, 40, has created recipes for the calendar sponsored by the Dairy Farmers of Canada for more than 10 years.

This year, she is the official spokesperson for its much anticipated arrival.

On Saturday, the calendar, with 17 recipes using milk products, will be available free in 39 newspapers across Ontario (with some local variations) and to home subscribers of Chatelaine, Today's Parent, Reader's Digest Family Edition, Canadian Family and Together.

It can also be ordered online at www.mymilkcalendar.ca.

The 2011 edition marks the calendar's 34th year. It was launched in 1974 and also issued in 1975, but a few years elapsed before it became an annual publication.

"This year we are giving Milk Calendar fans a collection of recipes perfect for any occasion all year round," says MacKenzie.

"We've incorporated new food trends and new flavours and given them the calendar treatment which means kid-approved, well-balanced and mouth-watering recipes."

THE CANADIAN PRESS



▶ Toffee Crunch Cheesecake Squares

Ingredients:

- 550 ml (2 1/4 cups) graham cracker crumbs
- 75 ml (1/3 cup) butter, melted
- 50 ml (1/4 cup) corn syrup
- 2 pkgs (each 250 g/8 oz) regular or light cream cheese, softened
- 175 ml (3/4 cup) packed brown sugar
- 75 ml (1/3 cup) cornstarch
- 2 eggs
- 250 ml (1 cup) milk
- 10 ml (2 tsp) vanilla
- 175 ml (3/4 cup) toffee bits

Preparation:

1. Preheat oven to 160 C (325 C). Line a 3-l (13-by-9-inch) metal baking pan with foil, leaving 5 cm (2 inches) overhang at each end.
2. In a bowl, combine crumbs, butter and corn syrup until blended; press into pan. Bake for about 10 minutes until puffed. Set aside.
3. In a large bowl and using an electric mixer, beat cream cheese and sugar until smooth; beat in cornstarch until blended. Beat in eggs, one at a time. Beat in milk and then vanilla until blended. Using a rubber spatula, fold in 125 ml (1/2 cup) of the toffee bits. Pour evenly over baked crust.
4. Bake for 30 minutes, or until edges are puffed and centre is slightly jiggly. Immediately sprinkle with remaining toffee bits. Let cool completely in pan on rack. Cover and refrigerate for at least 2 hours until chilled or up to 2 days. Remove from pan using foil overhang as handles. Cut into squares.

THE CANADIAN PRESS

KOKOMO'S
BAYERS LAKE
2 for 1!
Enjoy 2 for 1 entree* from our new menu, valid for lunch or dinner!
876-8555
*expires Nov 30/10. Coupon must be presented. Free entree must be of equal or lesser value of first. Value up to $21.00. Excludes special Party's & Events

BOARDS & BEER
presented by...
GARRISON BREWING
United Way Halifax
GenNext
the next generation of community builders

WHAT: A chance for young professionals to meet reps from local non-profits and learn about the work they do in the community. These organizations will offer volunteer opportunities at the board and committee level, meeting with candidates to fill the positions.

AND: Network, enjoy hors d'oeuvres and sample Garrison craft beer

WHEN: Wednesday, Nov. 24 from 6 - 9 p.m.

WHERE: Garrison Brewing, 1149 Marginal Road, Halifax Seaport

RSVP: Send an e-mail to Geoffrey at gmilder@unitedwayhalifax.ca or call

Speak easy, move ahead

Being able to 'stand up and speak eloquently with confidence' can make you outshine the competition, says public relations expert Patricia Fripp Make your speech about your audience: Fripp

DREW HINSHAW
LIFE@METRONEWS.CA



Career counsellors say you're more likely to forge your reputation in the spotlight than hiding behind your laptop.

There's new media, old media — and then there's that most ancient of all media, the big speech.

The stagecraft behind pep talking an audience of hundreds may seem archaic and quaint alongside light-speed twitter feeds and RSS scrolls, but career counsellors say you're still more likely to wow industry insiders and forge your rep in the spotlight than you are behind the sickly glow of a laptop screen.

"It never ceases to amaze me that intelligent, well-educated, and ambitious individuals overlook the number one skill that will put them ahead of the competition, and that is the ability to stand up and speak eloquently with confidence," public speaking expert Patricia Fripp says.

The key to a keynote, she says, is to start with a pad, plus a pen, and a plan.

Compose what speech coach Elayne Snyder calls your "speech statement of purpose."

"Decide, are you going to motivate, inform, or convince them?" she elaborates.

"The trick is to say to yourself, 'I want to give them the gift of information.'"

That means strutting on stage with a distinguished sense of what your audience already apprehends.

"Never tell an audience anything they know or assume," Fripp cautions

Instead, draft your top scoop into the introduction, then harp on it in your conclusion.

"You absolutely must if nothing else, script the opening and the close," she emphasizes.

"Very few people, including executives, know how to start and stop."

The other 80 per cent of the speech can be from the hip, not the script — but it has to be concise, Snyder says.

"Never tell people more than three points because they'll never remember it," she warns.

"Introduce your point, use an anecdote, a case history, or statistics to explain it, then repeat your point the same way you introduced it."

"Do two or three of those and you've got a gorgeous speech," she adds.

For Fripp, the most irksome verbal burp speech rookies let loose on the grandstand isn't "um," "like," or "ya know" — it's "I."

"An audience, whether it's one person or one thousand, cares about itself," she stresses.

"So you need to use you-focused language, like 'thank you for the opportunity to discuss how you can,' and so on."

How to ace it

Compose what speech coach Elayne Snyder calls your "speech statement of purpose."

Decide if you want to motivate, inform or convince your audience.

Teen boys with ADHD at higher risk for traffic accidents: Study

Male teenagers with attention deficit hyperactivity disorder are more likely to be injured in traffic accidents than teens without disruptive behaviour disorders, whether they're drivers or pedestrians, new research shows.

The seven-year study of boys aged 16 to 19 was led by Dr. Donald Redelmeier, a professor of medicine at the University of Toronto who has attracted international attention for previous auto crash studies on an increase in fatalities on Super Bowl Sunday and the dangers of talking on a cellphone.

"Our main finding was that a history of ADHD was associated with about a 35 per cent relative increase in the risk of a motor vehicle crash," Redelmeier said yesterday as his paper was released in PLoS Medicine, an open access journal that's available online.

THE CANADIAN PRESS

RJF HealthCare
The right caregiver, right away

We're Hiring!

Client Services Coordinator

Seeking full-time Care Coordinator to oversee all institutional support staffing, scheduling, and administrative duties. Responsibilities include scheduling for clients, reception functions, database administration, office administration and clerical duties. The ideal candidate must possesses excellent oral and written communication skills along with proficiency in all Microsoft Office and Internet based applications. Strong organizational and analytical skills are a must, an ability to multitask, problem-solve and work well within a very fast paced environment is also essential. Scheduling coordinator experience is an asset.

Manager of Finance

Seeking Manager of Finance. Excellent computer skills, specifically: Simply Accounting, AccPac, and Excel are required. Communication and organizational skills are considered to be an asset. General duties include: payroll, accounts payable and receivable, producing financial statements and reporting, information and project management. You are professional, accountable, responsible, dynamic, and enjoy working within a team. This position is available immediately.

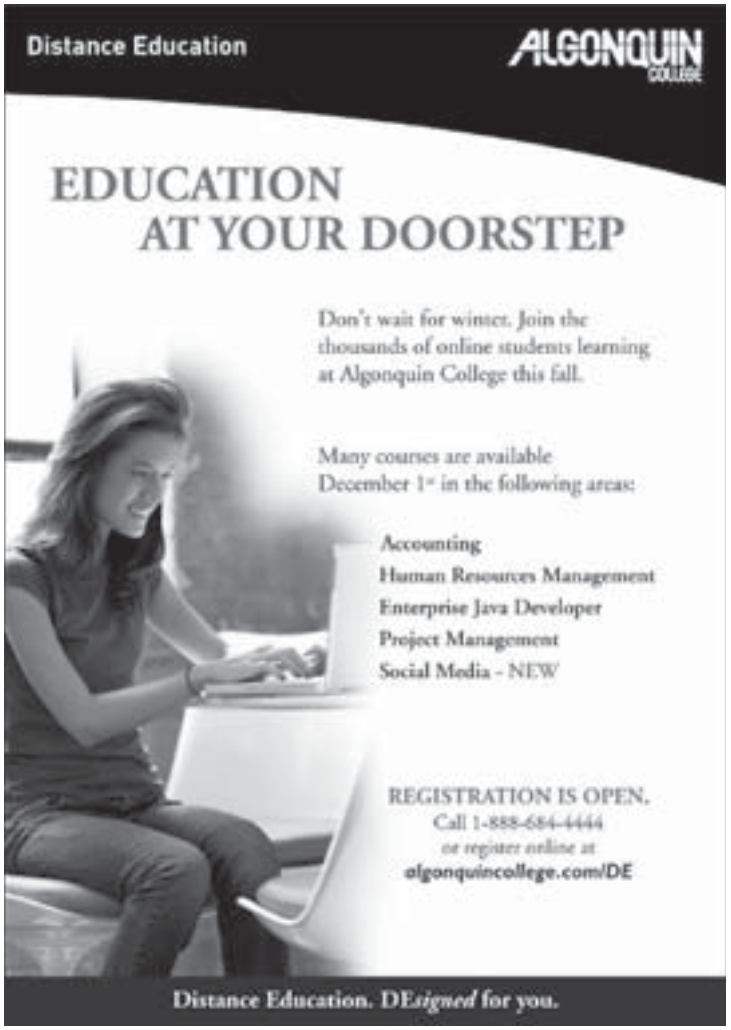
We work with your schedule. Please forward us your resume ASAP:
Email: hr@rjfhealthcare.com | Fax: 425-8848 | www.rjfhealthcare.com

- Current evidence shows that homework seems to have a small positive influence on student achievement
- Assigning homework only has value if the work contributes to the students' learning and engagement

At-school or after-school learning?



▶ It's important to be positive and encouraging when helping your children with their homework.





Parents and teachers have always argued about homework!

Common questions include: Should teachers give homework to students? If so, how much and what type of homework should be assigned? How much time should students spend on homework? What roles should parents play in their child's homework?

Quite a bit of research has been done over the decades on homework, but researchers still hold divergent views on the subject.

The best current evidence is that homework seems to have a small positive influence on student achievement, though it may be that students with better grades just tend to do more homework.

For high school students, the benefits of homework increased as the time spent on homework increased, up to about two hours of homework a day, but any time spent beyond that showed decreased benefits.

The evidence for a positive impact of homework on student achievement in the primary grades is weak, although some evidence suggests that homework may help students develop good study habits and foster positive attitudes toward school and learning.

The amount of homework assigned is less important than the quality and value of the work being done.

Assigning homework only has value if the work contributes to students' learning and engagement.

Studies show a wide variation in the kind and quality of homework assigned and in its perceived importance or value by students and parents.

Parents can also play an important role by supporting their children's learning at home, encouraging learning outside of school, and monitoring their children's progress regularly.

It is important to be positive and encouraging when working with your children on homework; if homework leads to bad feelings between parents and children it can have negative effects on both school and home relationships.

COURTESY OF THE CANADIAN EDUCATION ASSOCIATION (CEA) AND THE ONTARIO INSTITUTE FOR STUDIES IN EDUCATION/UNIVERSITY OF TORONTO (OISE/UT)

More details

There are numerous online resources available to help parents with homework.

▶ **For more information** go to: cea-ace.ca

Huskies a cure for common slump?

Mooseheads continue six-game homestand At 7-15-1, they're 16th



MATTHEW WUEST
@METRONEWS.CA

Make hay while the sun shines, they say. For the Halifax Mooseheads, the sun doesn't shine much brighter than when the Rouyn-Noranda Huskies are in town.

The Huskies, who visit the Metro Centre tonight and Friday at 7 p.m., are riding a 12-game losing streak and have lost 19 of 23 outings this season.

It's a rare occasion on which the Mooseheads are actually favoured on paper. They have three more wins, five more points and sit just one spot ahead of the Huskies in the overall standings.

"We have to win games like these … against teams that are lower than us in the standings," said Mooseheads centre Brent Andrews. "These games are a good opportunity at home to get some points, move up in the standings and get some confidence going."

But given that the Mooseheads are currently basement dwellers themselves, that works both ways. The Huskies, who haven't won a game since Oct. 9, are no doubt growing restless to end their dismal five-week streak.

Mooseheads head coach Bobby Smith emphasized the importance of not looking past the Huskies.

"We know they're going to come in looking at Halifax, saying, 'Here's a chance for us to pick up some points,'" Smith said. "We have to be ready to put our best game out there."

The Mooseheads have lost five of their past six games and haven't played particularly well, at least not consistently.

Untimely letdowns, and an inability to bounce back from them, have led, more often than not, to losses.

"We've got to play consistently throughout the whole game — that's going to be big," Andrews said. "We can't take a shift off and let teams capitalize on opportunities and put us behind the 8-ball early."

RYAN TAPLIN/METRO



▶ Brent Andrews and the Halifax Mooseheads are hoping to get a couple of big wins over the Rouyn-Noranda Huskies starting tonight at the Metro Centre.

Goalie gambit



▶ **Anthony Terenzio** has been named the Mooseheads starting goaltender for tonight's game. Mathieu Corbeil, who has struggled, will sit. "He deserves a start," head coach Bobby Smith said of Terenzio.

4 sports

Hockey



Former Mooseheads defenceman Gabriel O'Connor will return to the Metro Centre with the Rouyn-Noranda Huskies tonight at 7 p.m. Right-winger Jessyko Bernard, another Mooseheads alumnus, is also with the Huskies.

Scan code for sports

BLACK & DECKER
FACTORY CLEARANCE SALE
DEWALT PORTER+CABLE DELTA
FACTORY SERVICE
INDUSTRIAL POWER TOOL REPAIR
20% OFF all instock DeWALT, Delta, PorterCable and B&D Tools
25% OFF all accessories
Jigsaws, Sanders, Planers, Routers, Laser Levels, Dustbusters, Hole Saws, Reciprocating Blades, Mitre Blades, Circular Blades, Jigsaw Blades, Drill Bits, Hammer Bits, Sandpaper, Grinding Wheels & More!
SALE ON NOV 15-20
453-5090 • BURNSIDE INDUSTRIAL PARK, 100 ILSLEY AVE
All tools are reconditioned and carry a manufacturer's warranty

Star Huskie off-limits

Jahmeek Taylor won't be available to the media before Mitchell Bowl

The Saint Mary's Huskies are shutting down media requests for interviews with Atlantic University Sport player of the year Jahmeek Taylor.

Taylor, a dynamic slotback/returner who was suspended for Saturday's Loney Bowl because of an off-field breach of the athletic department's code of conduct, has been reinstated for this Saturday's Mitchell Bowl in Calgary.

Head coach Steve Sumarah said he has decided no media will be permitted to talk to Taylor this week, even if questions are limited specifically to the Huskies' matchup with the heavily favoured Calgary Dinos.

"I don't want anybody talking to him," Sumarah said.

Taylor, a Mississauga, Ont., native who is in his third season at Saint Mary's, had 1,439 all-purpose yards and seven touchdowns in eight games this season. His on-field presence is critical for the Huskies.

"He's a hell of a player and he's done everything we asked of him and then some," said Taylor's teammate, tailback Devon Jones. "I think he's excited to be playing, he's rested and we're just going to try and let him shine like we always do."

MATTHEW WUEST

METRO FILE



▶ Saint Mary's Huskies head coach Steve Sumarah is not allowing star slotback/returner Jahmeek Taylor, seen at right, to speak to media this week.

Ford RIGHT HERE RIGHT NOW EVENT
Up to $12,300 in total eligible incentives
WE WILL NOT BE UNDERSOLD
OUR CUSTOMERS ARE #1 Since 1948
FAIRLEY & STEVENS
580 WINDMILL RD., DARTMOUTH
www.fairleyandstevens.com
466-FORD(3673)
Let Ford Recycle Your Ride
UP TO $3,300 IN REBATES

Doc delivers another Cy Young Award

GREG FIUME/GETTY IMAGES



▶ Roy Halladay

Even on a vastly different team, pitching under very different circumstances, precious little changed on the mound for Roy Halladay.

The ability to single-mindedly focus on the task at hand was still there, immune to the pressures of a rabid fan base, high expectations and a pennant race — a real one — for the first time in his career.

The ace right-hander only got caught up in the moment once during a brilliant 2010 that was rewarded with the National League Cy Young Award yesterday, and he quickly put an end to that.

"In the playoffs, definitely before the games, you felt that," he said on a conference call from Mexico. "But once the game started it was just a regular baseball game, and I think for me that's the one thing I probably learned the most this year.

"All the stuff you deal with beforehand, once the game starts it's the same game, and regardless of how long you're playing, those first big games you pitch in, they test you a little bit. I'm definitely glad that I got the experience this year and hope to be able to use that moving forward."

The unanimous victory for Halladay — he collected all 32 first-place votes after going 21-10 with a 2.44 earned-run average and 219 strikeouts — was the final validation of a year he described as "by far the most fun I've ever had playing this game."

The 33-year-old led the majors in victories, innings pitched (250 and two-thirds) complete games (nine) and shutouts (four) after joining the Phillies in a December trade with the Toronto Blue Jays.

In May he threw the 20th perfect game in big-league history versus Florida, on Sept. 27 he threw a two-hitter against Washington to clinch the NL East title, and he added a no-hitter against Cincinnati in his playoff debut to boot.

Since the Phillies' elimination by the San Francisco Giants in the National League Championship Series, Halladay has had time to let the sting of a bitter end ease, leaving him to reflect on all the good he experienced.

"Being able to play in a great city, having great teammates, and having success and highlights during the season, it just made it all so memorable for me," said Halladay, just the fifth pitcher to win the Cy Young in both leagues. "It was tremendous from Day 1 to the very end. We had our ups and downs but I couldn't have done it with a better group of guys in a better city."

Halladay's Cy Young victory was bittersweet for Blue Jays fans, who both celebrated his success and lamented that it took place in a Phillies uniform.

He won the American League Cy Young in 2003, when he went 22-7 with a 3.25 ERA on a Toronto team that looked poised to break through the AL East meat grinder.

THE ASSOCIATED PRESS

11th

San Francisco ace Tim Lincecum, who won the past two NL Cy Youngs, finished 11th. Adam Wainwright of St. Louis was second and Ubaldo Jimenez of Colorado was third.

Price stops 41 in shutout

3	0
CANADIENS	FLYERS

Carey Price made 41 saves for his second shutout in four games as the Montreal Canadiens posted a fourth straight victory, downing the Philadelphia Flyers 3-0 in a battle of NHL division leaders last night.

Brian Gionta, who also had two assists, Michael Cammalleri and Tomas Plekanec scored for the Northeast-leading Canadiens (12-5-1), who fired 28 shots at Sergei Bobrovsky. Gionta has four goals in his last five games after notching only one in his first 13.

Price, last week's NHL player of the week, has allowed only three goals in the last four games, including a 34-save shutout last week against Vancouver. He made more than a dozen difficult stops against a Philadelphia team that had scored 18 times in its previous three games.

Atlantic Division-leading Philadelphia (12-5-2), coming off a 5-1 win Monday night over Ottawa, ended a three-game winning streak and a string of 10 games without a regulation-time loss.

There were big saves early from both goalies, including two against Cammalleri by Bobrovsky from the edge of the crease in the seventh minute.

Cammalleri finally scored during a two-man advantage at 9:36 after he was left alone in the slot for a one-time shot on a feed from Gionta.

Montreal had just killed off a two-man Philadelphia advantage when Plekanec, apparently waiting for a trailing winger to catch up to his rush, fooled Bobrovsky with a no-look wrist shot that caught the inside of the far post 13:48 into the second frame.

THE CANADIAN PRESS

Markov out long term, Habs say

The Montreal Canadiens have confirmed that defenceman Andrei Markov will be out for the long term with a right knee injury.

A team spokesman gave no details of the injury and said no time frame was set for how long Markov would be out of action.

Markov injured the knee when he got entangled with Eric Staal of Carolina as both chased a puck in a corner during Montreal's 7-2 win over the Hurricanes on Saturday night. THE CANADIAN PRESS

Good company

- Halladay also joined Roger Clemens, Randy Johnson, Pedro Martinez and Gaylord Perry as the only pitchers to win the Cy Young in both leagues, and is the 16th multiple winner of a Cy Young Award, a list headed by Clemens' seven and Johnson's five.
- The seven-year gap between awards also ties the longest in history, matching Tom Glavine.

We're Looking For Roughnecks
Inexperienced? We can help:
• Hands on rig training in Dartmouth
• H2S Alive
• First Aid level A
• Guaranteed employment
• Flight from Halifax to the West
• Airport pick up and transportation in the West
• 1 month free accommodations arranged
Call 442-1235 / 1-877-456-8333 for more info or apply on line: aptcollege.com
SDI Swaindrilling Inc.

The 2011 Scion tC is a high-impact sporty coupe with a low-impact hit to the wallet



▶ You get a panoramic moon roof, tilt/telescoping steering wheel with audio controls and an eight-speaker sound system for the tC, all at a price that just nudges past the $23,000 threshold..

Grab your keys to the exclusive Scion club

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

The Scion tC is part of a very exclusive club. Canadians know this all too well, since Scion has been a U.S.-only brand – until now.

But the tC, a new-to-us and new-to-Scion 2011 model, is also an entry into the rare category of the compact coupe.

Amidst the myriad of new 2011 vehicles, from the highest of high-roller exotics to the humblest of econo-boxes, the one area where choice is at a premium is the affordable sport-coupe category. Among the few that qualify, the tC earns a spot near the top of the scope-it-out list.

Since first opening shop in the United States for the 2004 model year, Toyota's youth-centred Scion brand has presented an assortment of mainly boxy designs that have been met with mixed success. However, the one continuing bright light has been the tC hatchback coupe that arrived for 2005. As with all Scions, the tC was loaded with normally extra-cost content, but proved to be light on its feet as a driver's car and required only a light touch on the pocketbook.

For the 2011 model year, the brand-new tC, which joins the new-to-Canada (but not brand new) xB and xD small wagons, uses the same basic platform as the original, but nearly every other piece of the car has been updated, refreshed, replaced, or significantly improved. The nose has a more aggressive look and the reshaped roofline gives rear-seat passengers a bit more headroom.

Scion dealers can install a variety of extra-cost add-ons, including 19-inch wheels, beefier suspension parts, cold-air intake and lower body graphics, just to name a few.

All that's left for you to do is pick a colour and drive away in one of the best sports car deals around.

New contender

What you should know about the 2011 Scion tC:

- **Type:** Two-door compact hatchback coupe
- **Engines (hp):** 2.5-litre DOHC I4 (180)
- **Transmissions:** Six-speed manual; six-speed automatic (opt.)
- **Market Position:** You can count the number of affordable sport coupes available on one hand and still have some digits left over.
- **Stats:** L/100 km (city/hwy) 8.9/6.3 (MT); Base price (incl. destination) $23,300.

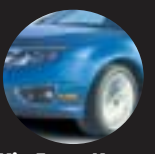


▶A new set of seven-spoke 18-inch alloy wheels have been installed on the 2011 Scion tC.

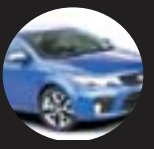
5 drive

By comparison

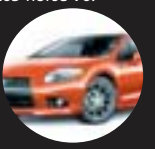
Honda Civic coupe
Base price: $17,600
Fuel-sipping two-door is a bit cramped for four.



Kia Forte Koup
Base price: $19,950
A well-priced newcomer with plenty of style and a choice of two engines.



Mistubishi Eclipse
Base price: $25,850
Aggressive-looking hatch offers lots of punch with optional 265-horse V6.



WHEELBASE MEDIA

Scan code for more car reviews and news

REVOLUTIONARY CAR, REVOLUTIONARY PROCESS



SUBMITTED



▶ BMW's Norbert Reithofer revealled last week that its Megacity vehicle will be produced in Leipzig, Germany.

That somewhat immodest quote was uttered last week by BMW head honcho, Norbert Reithofer, after revealing how and where the automaker will build its Megacity electric vehicle.

About $650 million will go to expand its plant in Leipzig, Germany, and another $100 million or so toward a new "carbon-fibre" factory in Moses Lake, Washington.

This plant will be a joint project with SGL Carbon SE, the world's biggest manufacturer of carbon and graphite products.

The carbon plant should tip you off to why BMW is using "revolutionary" rhetoric. Megacity will become the world's first volume-produced car with a passenger cell made from carbon-fibre.

With carbon-fibre, which is 50 percent lighter than steel, BMW figures it can offset the additional weight of an electric vehicle — typically 250 to 350 kilograms. A lighter car also means it can use a smaller, lighter, and less expensive battery.

Making large pieces out of carbon-fibre is expensive and time-consuming. To achieve thickness you have to keep layering or weaving thin strands of carbon-fibre, a process not unlike crocheting, and who has time to crochet a fender?

This is why, until now at least, it has remained a niche material. But automakers are chipping away at the dilemma.

A large section of the McLaren's new sports car, the MP4-12C, is crafted of carbon fibre. For this application McLaren developed a new process, which takes about five hours. When McLaren last made such a carbon-fibre piece, for the Mercedes-Benz SLR, the process took about 400 hours.

Because the Megacity is to be a relatively affordable city car, BMW said it is going to great lengths to reduce the cost of a carbon-fibre build. For one thing, the material is actually carbon-fibre reinforced plastic (CFRP). BMW's process also involves the reuse of scrap, enabled by a new technique of turning carbon strands into sheets of fibre, and a new "quasi-stamping process" to make some of the smaller CFRP parts.

Megacity also has a unique chassis design consisting of two modules: Drive — the battery, drive system and structural and crash crumple piece; and Life — the CFRP passenger cell piece. BMW says this new-old "body on frame" architecture opens the door to totally new production processes which are both simpler and more flexible. It also uses less energy and offers more styling freedom.

With the vehicle themselves and their factories set to undergo such a revolution, what's next? The humanoid behind the wheel? Better take cover.

Windshield wellness

Driver visibility a factor in 40 per cent of collisions

It's no surprise that most urban Canadian families with young children make all of their daily trips by vehicle. On top of the daily commute to and from school or day care, parents are also driving their children to countless activities at night and on the weekend, such as skating lessons, dance recitals and hockey practices. Many Canadian parents spend hundreds of hours every year behind the wheel.

This is why many parent-drivers make it a point to take advantage of the latest technologies to help keep their precious family cargo safe. Ironically, experts state that the single biggest factor in vehicle safety isn't related to the latest development in electronics, hands-free cell phones or even air bags. It's driver vision, and studies show it is a factor in more than 40 percent of all vehicle crashes.

According to Alexia Hayes, a wiper blade technical engineer and mother of two young children, the risk of collision usually increases by 50 to 100 per cent during precipitation, and that much of the elevated risk during rain or snowfall appears to be related to visibility.

"I can't imagine anything being more important than the ability of the driver to see clearly through the windshield," says Hayes.

Fortunately, one of the easiest ways to help driver's vision is also one of the least expensive solutions: checking and replacing your worn wiper blades. Hayes suggests checking blades periodically and replacing them about every six months.

"Wiper blades are one of the most overlooked pieces of safety equipment," says Hayes. "But you won't find a faster or lower-cost way to make the windshield time for you and your family safer and less stressful than by changing them."

We've all been in that stressful situation where our worn, torn, or inefficient blades left streaks and film on the windshield while driving resulting in a blurred view of the road limiting our vision and judgment. But experts say new blades can provide a better and clearer view of the road. NEWS CANADA



RIGHT HERE RIGHT NOW EVENT

Impressively tough trucks with impressive offers are right here, right now.

Manufacturer Rebate (Plus qualifying customers can get)	UP TO $7,500±
Ford Recycle Your Ride Incentive	UP TO $3,000˅
Retire Your Ride Incentive	$300˅
Ford Credit Cash (when financing)	$1,500‡

TOTAL ELIGIBLE INCENTIVES

UP TO $12,300



2010 **RANGER** SUPERCAB SPORT 4x2

Own for only

$13,699*

Includes $6,000 manufacturer rebate

Recycle your Ride Incentive $1,000˅
Ford Credit Cash (when financing) $1,000‡

Eligible consumers own for

$11,699*

Offer excludes taxes and freight.



2010 **F-150** REGULAR CAB 4x2 XL

Own for only

$18,499*

Includes $6,500 manufacturer rebate

Recycle your Ride Incentive $3,000˅
Ford Credit Cash (when financing) $1,500‡

Eligible consumers own for

$13,999*

Offer excludes taxes and freight.



2010 **F-150** SUPERCAB 4x4 XLT

Own for only

$29,899*

Includes $7,500 manufacturer rebate

Recycle your Ride Incentive $3,000˅
Ford Credit Cash (when financing) $1,500‡

Eligible consumers own for

$25,399*

Offer excludes taxes and freight.

AVAILABLE EXCLUSIVELY FROM FORD



FORD LETS YOU RECYCLE YOUR **2003 OR OLDER** VEHICLE & GET

UP TO $3,300˅

TOWARDS MOST NEW FORD VEHICLES.

This offer is in addition to incentives currently offered when combined with the $300 available from the Retire Your Ride program, funded by the Government of Canada on qualifying vehicles of model year 1995 or older. Incentives range from $1000 to $3000. Visit www.ford.ca for details.

In Partnership with Summerhill IMPACT, car heaven, Retire Your Ride Canada's Vehicle Recycling Program

Everything you want is right here, right now only at your Atlantic Ford store or visit ford.ca today.

Drive one.

ford.ca

Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. ‡ Offer valid from Oct. 1/10, to Nov. 30/10 (the "Offer Period"). Customers who purchase finance or lease most new 2010 or 2011 Ford vehicles and finance through Ford Credit, Canada will receive [$1000]/[$1500] (the "Offer") on 2010 [Focus/Fusion/Fusion Hybrid/Mustang (excluding GT500)/ Taurus/Ranger/Edge/Flex/Escape/Escape Hybrid/Explorer/ Expedition/Transit Connect/E-Series]/[F-150(excluding Raptor)/F-250 to F-550] and [$1000]/[$1500] on 2011 [Focus S/Fusion S/Mustang (excluding GT500)/Taurus SE/Ranger/Edge SE/Flex SE/Escape I4 Manual/Expedition/Transit Connect/E-Series]/[F-150(excluding Raptor)/F-250 to F-550] (each an "Eligible Vehicle"). The new vehicle must be delivered and/or factory ordered from your participating Ford dealer during the Offer Period. Only one (1) Offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per customer. This offer is raincheckable. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of either factory order or delivery, but not both. This offer is not combinable with CPA, GPC, CFIP, FALS or Daily Rental Allowance incentives. Customer may use the Offer amount as a down payment or choose to receive a rebate cheque from Ford of Canada, but not both. Taxes payable before Offer amount is deducted. *Purchase a new 2010 Ford [Ranger SuperCab Sport 4x2/F-150 Regular Cab 4x2/F-150 SuperCab XLT 4x4] for [$13,699/$18,499/$29,899] after Total Manufacturer Rebate of [$6,000/$6,500/$7,500] deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Eligible customers may pay [$11,699/$13,999/$25,399] on 2010 Ford [Ranger SuperCab Sport 4x2/F-150 Regular Cab 4x2/F-150 SuperCab XLT 4x4] when taking advantage of Recycle Your Ride [$1,000/$3,000/$3,000], Ford Credit Cash (when financing) [$1,000/$1,500/$1,500] (details outlined below). Offers exclude freight and air tax [$1,400/$1,500/$1,500], license, fuel fill charge, insurance, PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ±Receive [$500/$1,000/ $1,500/$2,000/ $2,500/$3,000/ $3,500/$3,750/ $4,000/$4,250/$5,000/ $5,500/$6,000/$6,500/ $7,000/ $7,500/ $10,000]/[$500/ $1,000/ $3,500/ $4,000/ $4,500/ $5,000/ $7,000] in Manufacturer Rebates with the purchase or lease of a new [2010]/[2011] [E-Series/Focus S/Fusion Hybrid/Explorer 4 door, Transit Connect/Focus (excluding S), Fusion S/Fusion (excluding S and Hybrid), Escape Hybrid, F-350 – F-550 Chassis Cab/ Edge SE, Flex SE/ Escape (excluding I4 Manual and Hybrid)/Ranger Regular Cab/Escape I4 Manual/Taurus SE, Ranger Super Cab XL, Explorer Sport Trac/Taurus (excluding SE)/ Ranger Super Cab (excluding XL) Mustang, Edge (excluding SE), Flex (excluding SE)/F-150 Regular Cab/Expedition/ F-150 (excluding Regular Cab)/F-250 - F-450 (excluding Chassis Cab)]/[Mustang (value leader)/Transit Connect/Mustang V6 (excluding Value Leader)/ F-150 Regular Cab (excluding XL 4x2), Expedition/Mustang GT/ Ranger Super Cab (excluding XL), F-150 (excluding Regular Cab)/F-250 – F-450 (excluding Chassis Cab). All Shelby GT500, F-150 Raptor and Medium Truck models are excluded. ˅Program in effect from Oct. 1/10, to Jan. 3/11 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYR") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by Summerhill Impact with financial support from the Government of Canada, or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers $300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 model year or older vehicle in running condition (able to start and move) which has been properly registered and insured for the last 6 months (12 months in B.C.) to an authorized recycler. To qualify for the "Car Heaven Program", customer must turn in a 2003 model year or older vehicle in running condition which has been registered and insured for the last 6 months to an authorized recycler. If a customer qualifies for Car Heaven or Retire Your Ride, Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010/2011 Ford or Lincoln vehicle, in the amount of $1,000CDN [Focus (excluding 2011 S), Fusion (excluding 2011 S), Mustang (excluding Shelby GT500 and 2011 Value Leader), Transit Connect, Ranger (excluding 2011 XL)], $2,000CDN [Taurus (excluding 2011 SE), Escape (excluding 2011 XLT I4 Manual), Edge (excluding 2011 SE), Flex (excluding 2011 SE), Explorer (excluding 2011 Base models), Sport Trac], or $3,000CDN [F150 (excluding Raptor and 2011 Regular Cab XL 4x2), F250-550, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator] (each an "Eligible Vehicle"). Rebate amount may be used as a down payment or received as cheque from Ford, but not both. Taxes payable before Rebate amount is deducted. RYR Rebates are available to residents of Canada only excluding Northwest Territories, Yukon Territory, and Nunavut. Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates are raincheckable. Rebates not available on any vehicle receiving CPA, GPC, Commercial Connection, or Daily Rental Rebates and Commercial Fleet Incentive Program (CFIP). Limited time offer, see dealer for details or call Ford Customer Relationship Centre at 1-800-565-3673. © 2010 Ford Motor Company of Canada, Limited. All rights reserved.

From wipers that wow to cars that compute

TOP GEAR

WHEELBASE MEDIA
DRIVE@METRONEWS.CA

ONE FOR THE GUTTER

The Bridjit has been designed to provide safe passage by filling the gap between the road and the driveway while still allowing for water to drain along the curb.

Each three-piece Bridjit ramp system is constructed from about 12 recycled tires and can be extended to fit wider double-car driveways as well as curved cul-de-sac entrances.

Each three-section (four-metre) ramp costs $300 US, with additional sections priced at $90 US, Go to bridjit.com to order, or call 877-522-6611 for more info.





PLUGGING IN IS iSIMPLE

Apple iPhone and iPod Touch users now have a convenient way to access audio programming while on the road, thanks to the iSimple Wi-Fli from AAMP.

The system's wireless docking transmitter plugs into the base of most Apple i-products, allowing the user to operate the device through the vehicle's FM radio.

A wireless remote controller attaches to the steering wheel using a special cradle so you can browse for specific tunes without taking your eyes off the road. And if your car audio system has a built-in Radio Data System (RDS) feature, the WiFli will also display artist and song information.

Pick one up for $80 US from www.isimplesolutions.com. iSimple also has a number of products to match your iPod/iPhone to your vehicle's audio system, including hard-wire kits for the best sound possible.

WINDSHIELD SNOWPLOW

OK, so scraping frost and ice off windows is a pain. Perhaps life would be easier with the Icedozer.

As the name suggests, this combination flexible scraper and squeegee is designed to conform to the shape of your windshield, allowing you to plow your way through to clean and clear automotive glass, whatever the weather.

And the attached ice-breaking "tenderizing teeth" blade is claimed to tear up the thickest, most stubborn ice.

The handle has been specially designed for maximum grip and leverage. The Icedozer costs about $20 US and comes with a lifetime warranty. Purchase yours at a number of sites, including amazon.com and herringtoncatalog.com.



DRIVE WITH A DESKTOP

Hey, why hide that computer under the desk when you can have this large-scale current-generation Camaro right there to remind you of the open road when 5 p.m. rolls around?

The PC Rides Camaro contains all the latest high-performance computer gear, including Intel processors, NVIDIA graphics support and up to 1,000 gigabytes of storage.

Just add a monitor and begin driving/working. Systems begin at about $1,000 US. Get more information on pcrides.com.





DECK THE DRIVEWAY
HOLIDAY EVENT

THE BEST SELLING CROSSOVER. THE BEST TIME TO BUY.

2010 DODGE JOURNEY SE CANADA VALUE PACKAGE

CANADA'S #1 SELLING CROSSOVER^

5 STAR SAFETY ★★★★★ NHTSA 5 Star Frontal and Side Impact‡

INSURANCE INSTITUTE FOR HIGHWAY SAFETY TOP SAFETY PICK 2010

PURCHASE FOR **$18,495**• INCLUDES $1,250 CONSUMER CASH.*

2010 Dodge Journey R/T AWD shown.§

PLUS GET **0%**† PURCHASE FINANCING for 36 months

OR CHOOSE

CUSTOMER CHOICE FINANCING

$125 BI-WEEKLY @ **4.99%**†† FOR 60 MONTHS AND $0 DOWN

WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY **$3** MORE BI-WEEKLY with Customer Choice Financing

(Includes $500* First Free Payment Offer)

2010 DODGE JOURNEY SXT

- Trip computer with temperature and compass
- Leather-wrapped steering wheel with audio controls
- 16" Aluminum wheels

3.5L HIGH OUTPUT V6 24V MPI ENGINE

WE'LL MAKE YOUR FIRST PAYMENT UP TO $500‡

RETURNING LEASE CUSTOMERS, GET UP TO $1,500 LOYALTY CASH*

CHRYSLER Jeep DODGE RAM

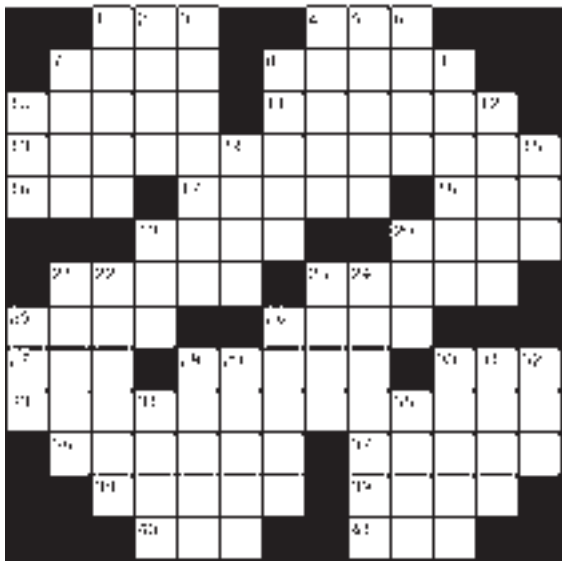
VISIT YOUR NEIGHBOURHOOD CHRYSLER, JEEP®, DODGE, RAM RETAILER. Dodge.ca/Offers

DODGE CARAVAN KIDS

SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, *, ◆, ^, ††, §. The Deck the Driveway Holiday Event offers apply to retail deliveries of selected new and unused models purchased between November 16, 2010 and November 30, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. •$18,495 Purchase Price applies to 2010 Dodge Journey SE Canada Value Package (22F) only and includes $1,250 Consumer Cash Discount. See participating retailer for complete details. Pricing excludes freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ◆The up to $500 First Free Payment Offer includes an amount on account of GST/HST (where applicable) and in the Province of Québec, GST and QST. Customers may choose to have the up to $500 (including taxes) first free payment offer applied to reduce the selling price after taxes of their new vehicle purchase, rather than to cover their first free payment. Offer is available to all retail customers that purchase a new eligible 2010/2011 Chrysler, Jeep, Dodge or Ram from November 16, 2010 through November 30, 2010 (excluding only the following 2010 and 2011 models: Jeep Patriot 4x2/4x4 Sport, Compass 4x2/4x4 Sport, Wrangler 2 Door Sport, Dodge Journey SE, Grand Caravan Cargo Van & CVP, Caliber CVP & SE Plus, Ram 1500 Regular Cab 4x2/4x4 and Ram Cab and Chassis). ^10% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and Ally Credit Canada on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Example: 2010 Dodge Journey SE Canada Value Package (22F) with a Purchase Price of $18,495 financed at 0% for 36 months equates to monthly payments of $513.75; cost of borrowing is $0 and a total obligation of $18,495. ††Bi-weekly payments of $125 and one final payment of $5,273 for a cost of borrowing of $3,061 and a total obligation of $21,555.85 based on 2010 Dodge Journey SE Canada Value Package (22F) with a Purchase Price of $18,495 financed at 4.99% APR over 60 months with payments amortized over 80 months. Freight ($1,400), taxes, licence, insurance, registration, excess mileage and wear and tear charges, any retailer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. §2010 Dodge Journey R/T AWD shown has a higher price than the 2010 Dodge Journey SE Canada Value Package advertised. See your retailer or go to www.dodge.ca for complete details. ▪Loyalty Bonus Cash is offered on most 2010/2011 models (with the exception of 2010/2011 Ram 1500 Regular Cab 4x2 and 4x4, 2010/2011 Dodge Caliber SE, 2010/2011 Jeep Compass 4x2 and Sport 4x4 and Patriot 4x2 and Sport 4x4, 2010/2011 Jeep Wrangler Sport, 2010 Dodge Journey SE, 2010 Dodge Grand Caravan CVP and Cargo Van (C/V)) and is deducted from the negotiated price after taxes. Eligible customers include those with Gold Key Lease maturity dates between November 1, 2010 and January 3, 2011. Some conditions apply. See your retailer for complete details. ^Based on January through June, 2010 R.L. Polk sales (total registrations. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Journey. "SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. "Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

Crossword



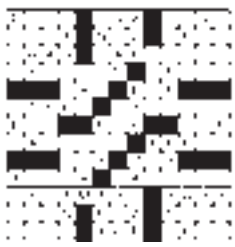
Across

1 Oohs and —
4 Doctrine
7 Elliptical
8 Loosen
10 Plant life
11 Howard and Isaac
13 Show great anxiety
16 Scoundrel
17 Bar trayful, maybe
18 Midafternoon, in a way
19 Antelope's playmate
20 Letters for letters?
21 "Surprise Symphony" composer
23 Dissolves
25 Ginormous
26 On deck
27 Actress Thurman
28 "Hancock" star
30 Overseer at JFK or LAX
33 Vent one's anger
36 Lack
37 Montana city
38 Cubic meter
39 Eye part
40 Commotion
41 Roman X

Down

1 Dodge
2 Injury
3 Applied thickly
4 Bury
5 Worries
6 Sorvino of screen
7 Earthenware pot
8 Leading man?
9 Sign up
10 TV watchdog org.
12 Missteps
14 Adolescent
15 Bro's counterpart
19 Prepare Easter eggs
20 Last (Abbr.)
21 Sticky, weatherwise
22 Playing marbles
23 Apportion (out)
24 Show
25 "Wha'd ya say?"
26 Recess
28 Tear to bits
29 Subway
30 Belong
31 Red army?
32 Candle count
34 "Bye"
35 Tempt

▶ Yesterday's answer



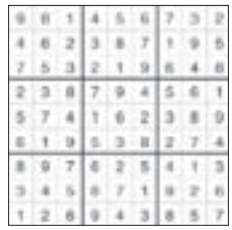
Sudoku

1	9		6				8	2
8	7		2		5	6		
		6			7			3
7						3	6	
4			7		9			5
	8	9						4
9			8			1		
		8	3		4		2	7
6	2				1		3	8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear osap, since I've known you, my life has changed. By the looks of it you'll be with me for the long run. Thanks for never abandoning me. Receive this kiss from the bottom of my heart. Love, **BECK**

To my babies, my love of my life Josiah, and our wonderful 2 month old son Kai. I love u both my boys, I don't no where I would be with out you both.. Your my life, my world, my everything. Your mommy, your wife **LAURA (DOVE)**

Happy Anniversary Baby! I can't wait to get home to you and the kitties tonight ! I don't know where we'll be 10 years from now, but we'll take it one day at a time, together. Love, - **E**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are not far away from one of the very best times of the year, so don't let minor setbacks get under your skin. If others want to make an issue of trivial things that's up to them.

♉ Taurus April 21-May 21 You may be tempted to say things you know are not strictly true today but if you are wise you will resist it and stick to the facts.

♊ Gemini May 22-June 21 Even if you are the kind of Gemini who likes to chat you won't be in a very forthcoming mood today. Those around you will recognize the signs and give you some time to yourself. You need to think, not talk.

♋ Cancer June 22-July 22 You may be eager to get your hands on some extra cash but don't make promises you may not be able to keep. Your financial situation is not as dire as you seem to think it is, so steer clear of negative thoughts.

♌ Leo July 23-Aug.23 The only reason you have a feeling of impending doom is because you have been listening to people who say the sky is about to fall. It isn't. Just because they fear the worst does not mean you need to too.

♍ Virgo Aug. 24- Sept. 22 Look closely at your lifestyle and commitments. What can you do to streamline your day? To start with you can do less for other people!

♎ Libra Sept. 23-Oct. 23 Don't get angry if someone you have helped many times in the past gives you a tough time today. It's not because they're ungrateful, it's because they have a lot on their mind at the moment.

♏ Scorpio Oct. 24-Nov. 22 It will be hard for you to understand what someone is trying to tell you — their words just don't make any sense. Maybe you are speaking different languages.

♐ Sagittarius Nov. 23-Dec. 21 It's good of you to help a friend or family member with an emotional problem of some kind, but watch out it does not become your problem too. Keep some distance between you.

♑ Capricorn Dec. 22-Jan. 20 Something is not quite right. You may prefer facts to intuition but your inner voice is clearly telling you to be careful. On the work front in particular you should question everything you hear.

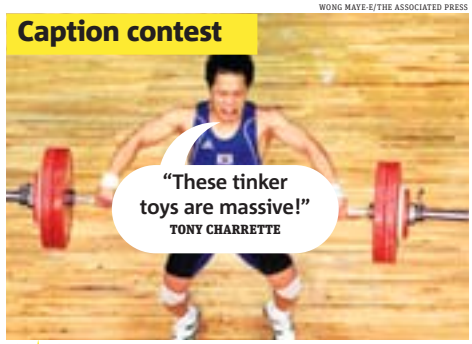
♒ Aquarius Jan. 21-Feb. 18 You may be tempted to push yourself harder and catch up to where you think you should be in your schedule, but is it really worth the effort?

♓ Pisces Feb. 19-March 20 News you get concerning your work or your financial situation may not delight you but neither is it as bad as you fear, so calm down. Ultimately, all change is good change.

SALLY BROMPTON

Caption contest

WONG MAYE-E/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

GURINDER OSAN/THE ASSOCIATED PRESS



Feel like everyone's looking at you? They are. But don't worry. It's only because they want your Metro.
metro News worth sharing.

find us follow us friend us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

FLIGHT CENTRE Unbeatable
Dominican Republic
7 Nights 4-Star All-inclusive
from $505 + taxes & fees $322
INCLUDES accom in Santo Domingo.
1 866 967 5402 | flightcentre.ca
Conditions apply. Ex: Halifax. Package price is per person, based on double occupancy. Package includes air. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

JAPANESE ENGINEERED VEHICLES STANDARD WITH SYMMETRICAL AWD

SUBARU

HOLIDAY EVENT

SUBARU GIFT CARD

Get a $500 Subaru gift card towards all the jingle bells & whistles you want.*

USE TOWARDS: WINTER WHEEL & TIRE PACKAGE • EXTENDED WARRANTY OR PROTECTION PACKAGE • MAINTENANCE PACKAGE • EXTRA $500 TOWARDS YOUR PURCHASE!



2011 IMPREZA 2.5i
SUPERIOR JAPANESE ENGINEERING FROM
$20,995*

2011 OUTBACK 2.5i
SUPERIOR JAPANESE ENGINEERING FROM
$28,995*

2011 LEGACY 2.5i
SUPERIOR JAPANESE ENGINEERING FROM
$23,995*

2011 FORESTER 2.5X
SUPERIOR JAPANESE ENGINEERING FROM
$25,995*

SUBARU of HALIFAX
HALIFAX
3343 Kempt Road
Phone: 902 407-8707
www.subaruofhalifax.com

Steele SUBARU | DARTMOUTH
DARTMOUTH
670 Portland St.
Phone: 902 466-2835
www.steelesubaru.ca

SUBARU $750 CASH GRADUATE Reward Program

* Freight, PDI, license, insurance, admin fees, registration and taxes are extra. Dealers may sell for less and may have to order or trade. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See Subaru of Halifax or Steele Subaru for complete details.

DON'T GET STUCK THIS WINTER: DRIVE • TOW • PLOW

ITS TRUCK SEASON RAM



11RQ4100

2011 Ram 1500 SXT Quad Cab 4x4

$199 BI WK

- Remote Start
- Power Locks WITH Keyless Entry
- Trailer Hitch

2011 Ram 1500 SLT Quad Cab 4x4

$232 BI WK

- 5.7L HEMI V8
- 20" Aluminum Wheels
- Chrome Package - Mirror, Grill, Running Boards
- Leather Wrapped Steering Wheel/Audio Controls



11RQ5444



11RC4098

2011 Ram 1500 ST Crew Cab 4x4

$197 BI WK

- SXT Appearance Group
- 5.7l Hemi V8
- Trailer Brake Control Group
- Security Group
- Power & Remote Entry Group
- Class IV Hitch

2011 Ram 1500 SLT Crew Cab

$257 BI WK

- 5.7L HEMI V8
- Uconnect Hands Free Communications
- Security Group
- Light Group
- Premium Cloth Bucket Seats



11RC1070

ALSO AVAILABLE

2011 Ram Reg Cab Sport	2011 Ram Quad Cab Sport	2011 Ram Crew Cab Sport	2011 Ram Quad Cab Laramie	2011 Ram Crew Cab Laramie	2011 Ram Reg Cab SLT
11RR4411	11RQ1520	11RC1597	11RQ6053	11RC6321	11RR3247
$255 BI WK	$263 BI WK	$297 BI WK	$295 BI WK	$307 BI WK	$223 BI WK

Deck The Driveway
HOLIDAY EVENT
WE'LL MAKE YOUR FIRST PAYMENT UP TO $500

Earn 1000 Reward Miles on any new or used vehicle purchase

1000 reward miles

AIR MILES Travel and More

DARTMOUTH
CHRYSLER DODGE Jeep RAM
Where Nova Scotia Comes to Save!

469-9050
DDODGE.COM

The fine print: all payments include tax, freight, and fees.